



Asthma Action Plan for

Your best peak flow is.....

YOUR ASTHMA IS UNDER CONTROL IF;

- It does not disturb your sleep
- It does not restrict your usual activities (exercise/ going to work)
- If you do not have to use your reliever inhaler more than 3 times a week.
- If your peak flow reading is above 80% of your best i.e. over

- ACTION- continue your usual medicines

WARNING

Your asthma is getting worse if:

- Your asthma is waking you at night (cough or wheeze)
- You are using your 'reliever' inhaler more than twice a day
- You are coughing, wheezing or more breathless than usual

AND / OR

- Your peak flow has fallen to between 80%..... and 50 %..... of your best for two readings.

ACTION

- Double your preventer (.....) inhaler for 48 hours. If after 48 hours you are no better you must be seen by your GP that day.
- Keep taking the increased dose of preventer (.....) until your asthma symptoms are better and you have been well for at least one week
- Use your reliever regularly up to a maximum of 2 puffs 6 times a day.
- Take your reliever as required.
- Then go back to your usual doses.

Continue your other medicines as normal.

If after 48 hours you are no better you must be seen by your GP that day.



EMERGENCY

It is a medical emergency if

- Your peak flow is less than 50%..... of your best.
- You cannot speak a full sentence in one breath

ACTION

- Call an ambulance immediately
- Use your reliever inhaler every minute until you have relief or until help arrives

Tips for keeping well;

Use your preventative medication every day, even when you feel well. Even though you may not feel it working it is helping to protect your lungs and control your asthma.

Try to avoid the things you know make your asthma worse e.g. smokey atmospheres, furry animals.

If you have hayfever take your treatment regularly. This helps keep your upper airway (nose) clear and helps your breathing overall.

Have your flu vaccination every year. This protects you from the worst strain of flu for that particular year.

If you smoke stop. If you would like help to give up please ask your GP or contact South Essex stop Smoking Service 01702 212000

Attend your asthma check-ups, these are an opportunity to ask questions and discuss your medication and any concerns you may have.

Plan for your holidays, make sure you have enough medication and appropriate travel insurance.

Try to exercise regularly (20mins 5 times a week). This should be something you enjoy eg walking, swimming or gym work. Remember to take your reliever inhaler (blue) with you.

More Information is available about your asthma from Asthma UK. 08457 01 02 03 or asthma.org.uk