



## IN AN EMERGENCY TAKE ACTION NOW

- 1 Take two puffs of my reliever inhaler (one puff at a time)
- 2 Sit up and try to take slow, steady breaths
- 3 **If I don't start to feel better, take two puffs of my reliever inhaler (one puff at a time) every two minutes. I can take up to ten puffs**
- 4 **If I don't feel better I should call 999 straight away.** If an ambulance doesn't arrive within ten minutes, and I'm still not feeling better, then I should repeat **Step 3**
- 5 Even if I feel better after this I should see my GP or asthma nurse for advice the same day
- 6 If I have rescue prednisolone tablets, take 40mg (8 x 5mg) altogether

GP or asthma nurse contact number

 **Asthma UK Adviceline 0800 121 62 44**

 **info@asthma.org.uk**

 **www.asthma.org.uk**



*With you every  
breath of the way*

HP2250513

First published 2005

Last updated 2011

Last reviewed 2013

Next review 2016

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## ASTHMA MEDICINE CARD

Knowing what medicines you need to take and when you should take them will help you stay on top of your asthma

Name

Known triggers



## Your asthma medicines

What you take every day



Remember, if your asthma symptoms are getting worse or if you're starting to use more of your reliever inhaler, check what to do on your asthma action plan!

**An emergency is when any of the following happen:**

1. Your reliever (blue) inhaler doesn't help
2. Your symptoms get worse
3. You are too breathless to speak
4. Your peak flow is half what it should be

	My medicine is:	How much to use:	When to use:	Comments:
Preventer (enter colour)				
Reliever (enter colour)				
Other				