

My asthma triggers

My triggers and what I do to manage them

For example: hay fever - I take antihistamines;
pollution - I avoid busy roads

My asthma review

I should have at least one routine asthma review every year, even if I only have occasional asthma symptoms. I will bring:

- my AIR asthma action plan to see if it needs updating
- my AIR inhaler to check I'm using it correctly
- my peak flow meter if I use one
- any questions about my asthma.

Next asthma review date:

GP/nurse/healthcare professional contact details

Name:

Phone number:

Out-of-hours contact number (ask your GP surgery who to call when they are closed)

Name:

Phone number:

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Asthma and Lung UK, a charitable company limited by guarantee with company registration number 01863614, with registered charity number 326730 in England and Wales, SC038415 in Scotland, and 1177 in the Isle of Man.

How to use this plan

- 1 Put it somewhere easy to find** like your fridge door, noticeboard, or bedside table.
- 2 Keep it on your mobile phone or tablet** so you can check it wherever you are.
- 3 Share it with family, friends, or anyone you live with** so they know how to help you.
- 4 Take it to every asthma appointment.** Ask your doctor, nurse, or healthcare professional to update your plan if their advice for you changes.

Get more advice + support from Asthma + Lung UK

Speak to a respiratory nurse specialist about managing your asthma: **0300 222 5800 (Mon-Fri, 9am-5pm)**

Message our respiratory nurse specialists on WhatsApp: **07999 377 775**

Find out more on our website: **AsthmaAndLung.org.uk/AIR**

Join one of our online or in-person support groups: **AsthmaAndLung.org.uk/groups-support**

Follow us on Facebook, X (formerly known as Twitter), and Instagram for news and tips about your asthma.



Watch our inhaler videos to learn how to use your AIR inhaler:
AsthmaAndLung.org.uk/inhaler-videos

Asthma questions?

Ask our respiratory nurse specialists
Call **0300 222 5800**. WhatsApp **07999 377 775**.
(Monday-Friday, 9am-5pm)



Your AIR asthma action plan

Fill this in with your doctor, nurse or other healthcare professional.

Name and date:

1 Every day asthma care:

My AIR (anti-inflammatory reliever) inhaler contains:

- a steroid medicine to treat inflammation in my airways
- a reliever medicine called formoterol to open up my airways.
- **My AIR inhaler is called (insert name)**

I carry my AIR inhaler with me every day so I can use it if I get asthma symptoms.

I take **one puff** of my AIR inhaler if:

- I'm wheezing
- My chest feels tight
- I'm finding it hard to breathe
- I'm coughing.

If my symptoms have not improved after a few minutes, I can take another puff.

I should not take more than _____ puffs at any one time.

I can continue to use my AIR inhaler as needed if:

- I have few or no asthma symptoms during the day, and none at night.
- I can do everything I normally do (e.g. working, being active, socialising).
- My peak flow score stays at or around _____
- I only need to use my AIR inhaler occasionally, as advised by my GP or nurse.

Other advice for managing my asthma every day:

2 When I feel worse:

I need to contact my doctor, nurse or other healthcare professional as soon as possible if I feel worse.

I should contact them if I have any of these signs and symptoms:

- My symptoms are getting worse (wheeze, tight chest, feeling breathless, cough).
- My symptoms are waking me up at night.
- My symptoms are affecting my day-to-day life (working, being active, socialising).
- My peak flow score drops to below: _____

I should also contact my GP, nurse or healthcare professional as soon as possible if:

I regularly need to use _____ puffs or more of my AIR inhaler in a day.

The **maximum daily dose** of my AIR inhaler is _____ puffs.

Other advice about what to do if my asthma gets worse:

3 When I have an asthma attack:

I'm having an asthma attack if I'm experiencing any of these:

- My AIR inhaler is not helping.
- I find it difficult to walk or talk.
- I find it difficult to breathe.
- I'm wheezing a lot, or I have a very tight chest, or I'm coughing a lot.
- My peak flow score is below: _____

What to do in an asthma attack

1. Sit up straight – try to keep calm.
2. Take one puff of your AIR inhaler **every 1 to 3 minutes up to six puffs.**
3. If you feel worse at any point **or** you don't feel better after six puffs **call 999 for an ambulance.**
4. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, **repeat step 2.**
5. If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately.**

If you do not have your AIR inhaler with you, call 999.

After an asthma attack

Follow this advice to make sure you recover well and to prevent further asthma attacks:

- If you dealt with your asthma attack at home, speak to your doctor or nurse today.
- If you were treated in hospital, speak to your doctor or nurse within 48 hours of being discharged.
- Finish any medicines they prescribe you, even if you start to feel better.
- If you don't improve after treatment, speak to your doctor, nurse or other healthcare professional urgently.