Your action plan is a personal guide to help you stay on top of your asthma. Once you have created one with your GP or asthma nurse, it can help you stay well as possible.

People who use their action plans are four times less likely to end up in hospital because of their asthma.

Your action plan will only work at its best to help keep you healthy if you:

1. **Put it somewhere easy for you and your family to find** — you could try your fridge door, the back of your front door, or your bedside table. Try taking a photo and keeping it on your mobile phone or tablet.

2. **Check in with it regularly** — put a note on your calendar, or a reminder on your mobile to read it through once a month. How are you getting along with your day-to-day asthma medicines? Are you having any asthma symptoms? Are you clear about what to do?

3. **Keep a copy near you** — save a photo on your phone or as your screensaver. Or keep a leaflet in your bag, desk or car glove box.

4. **Give a copy of your action plan or share a photo of it with a key family member or friend** — ask them to read it. Talk to them about your usual asthma symptoms so they can help you notice if they start. Help them know what to do in an emergency.

5. **Take it to every healthcare appointment — including A&E/consultant.** Ask your GP or asthma nurse to update it if any of their advice for you changes. Ask them for tips if you’re finding it hard to take your medicines as prescribed.

Get more advice & support from Asthma UK:

- **Speak to a specialist asthma nurse about managing your asthma on:** 0300 222 5800
- **Get news, advice and download information packs at:** www.asthma.org.uk

Use it, don’t lose it!

If you use a written asthma action plan you are four times less likely to be admitted to hospital for your asthma.*

*Adams et al; Factors associated with hospital admissions and repeat emergency department visits for adults with asthma; Thorax 2000;55:566–573
Every day asthma care:

My personal best peak flow is: 

My preventer inhaler (insert name/colour):
I need to take my preventer inhaler every day even when I feel well
I take __________ puff(s) in the morning and __________ puff(s) at night.

My reliever inhaler (insert name/colour):
I take my reliever inhaler only if I need to
I take __________ puff(s) of my reliever inhaler if any of these things happen:
- I’m wheezing
- My chest feels tight
- I’m finding it hard to breathe
- I’m coughing.

Other medicines I take for my asthma every day:

With this daily routine I should expect/aim to have no symptoms. If I haven’t had any symptoms or needed my reliever inhaler for at least 12 weeks, ask my GP or asthma nurse to review my medicines in case they can reduce the dose.

People with allergies need to be extra careful as attacks can be more severe.

When I feel worse:

This is what I can do straight away to get on top of my asthma:

1. If I haven’t been using my preventer inhaler, start using it regularly again or:
   - Increase my preventer inhaler dose to __________ puffs per day until my symptoms have gone and my peak flow is back to normal.
   - Take my reliever inhaler as needed (up to __________ puffs every four hours).
   **URGENT!** If I don’t improve within 24 hours make an emergency appointment to see my GP or asthma nurse.

2. If I have been given prednisolone tablets (steroid tablets) to keep at home:
   - Take __________ mg of prednisolone tablets (which is __________ x 5 mg) immediately.
   - and again every morning for __________ days or until I am fully better.
   **URGENT!** Contact my GP or asthma nurse today and let them know I have started taking steroids and make an appointment to be seen within 24 hours.

In an asthma attack:

- My reliever inhaler is not helping or I need it more than every __________ hours.
- 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 is below __________

**THIS IS AN EMERGENCY TAKE ACTION NOW**

1. Sit up straight – don’t lie down. Try to keep calm
2. Take one puff of my reliever inhaler every 30 to 60 seconds up to a maximum of 10 puffs
3. **A) If I feel worse at any point while I’m using my inhaler:**
   - Repeat step 2

   **B) If I don’t feel any better after 10 puffs:**
   - CALL 999
   - Ambulance taking longer than 15 minutes?
     - Check if I’ve been given rescue prednisolone tablets
     - If I have these I should take them as prescribed by my doctor or asthma nurse

   **C) If I feel better:**
     - Make an urgent same-day appointment with my GP or asthma nurse to get advice

**IMPORTANT!** This asthma attack information is not designed for people on a SMART or MART medicine plan. If you’re on a SMART or MART medicine plan, please speak to your GP or asthma nurse to get the correct asthma attack information.