## MY ASTHMA MEDICINE

<table>
<thead>
<tr>
<th>My daily controller medication</th>
<th>Colour</th>
</tr>
</thead>
<tbody>
<tr>
<td>My controller inhaler is</td>
<td></td>
</tr>
<tr>
<td>My other controller medication is</td>
<td>Colour</td>
</tr>
<tr>
<td>My nasal treatment is</td>
<td></td>
</tr>
<tr>
<td>My allergy treatment is</td>
<td></td>
</tr>
</tbody>
</table>

### Why do I need controller medication?
My controller medication benefits my lungs by reducing inflammation, swelling and mucus.

I need to take my controller every day even when I am well.

<table>
<thead>
<tr>
<th>My reliever medications</th>
<th>Colour</th>
</tr>
</thead>
<tbody>
<tr>
<td>My reliever inhaler is</td>
<td></td>
</tr>
</tbody>
</table>

### Why do I need reliever medication?
- My reliever works quickly to make breathing easier by opening up my airway.
- I will always carry my reliever inhaler with me.

### My personal best peak flow (if over 6 years of age) is

## MAKE YOUR ASTHMA ACTION PLAN WORK FOR YOU

- Put your Asthma Action Plan where you and your family can easily find it.
- Save a photo of your Asthma Action Plan on your phone or keep a copy in your bag or car.
- Share a copy of your Asthma Action Plan with family members, friends and care-givers.
- Check your Asthma Action Plan regularly.
- Always bring your Asthma Action Plan with you to healthcare appointments and Emergency Department visits.

Remember to attend for an asthma review at least once a year and have your inhaler technique checked.

## YOU CAN HELP YOUR ASTHMA BY:

- Staying active and taking exercise for at least 20 minutes each day
- Maintaining a healthy weight
- Quitting smoking and avoiding smoky environments. For help to quit smoking call the QUITline on 1800 201 203 or visit www.quit.ie

## MY ASTHMA ACTION PLAN

<table>
<thead>
<tr>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
</tr>
<tr>
<td>Next of kin</td>
</tr>
<tr>
<td>Next of kin's contact number</td>
</tr>
<tr>
<td>Emergency contact number</td>
</tr>
</tbody>
</table>

(For example GP or out-of-hours Doctor)

An Asthma Action Plan is your personal guide to manage your asthma when it gets out of control.

It will help you to recognise asthma symptoms:
- COUGH
- WHEEZE
- CHEST TIGHTNESS
- SHORTNESS OF BREATH

And provide you with information on what action to take.

This Asthma Action Plan is yours, so use it, don’t lose it!

hse.ie/eng/health/hl/living/asthma

Asthma Adviseline **1800 44 54 64**

Call Monday – Friday 9am – 5pm to arrange an appointment to speak to an Asthma Nurse Specialist

Email reception@asthma.ie

asthma.ie
When I am feeling unwell

ASSESSMENT

• My asthma symptoms include one or all of the following:
  - cough, wheeze, shortness of breath or chest tightness
• I have symptoms with exercise
• My asthma symptoms wake me at night
• I need to take days off school, college or work due to asthma symptoms
• I am taking my reliever inhaler more than twice a week (over the age of 6 years)
• I am taking my reliever inhaler more than once a week (under the age of 6 years)
• My peak flow is dropping
• I feel like I have a cold or flu

ACTION

Controller inhaler
When my asthma is controlled I take my controller medication everyday.

I always rinse my mouth after I take my controller inhaler.

Reliever inhaler
I take my reliever inhaler if I wheeze, cough, have chest tightness or I am finding it difficult to breathe.

When I am well, I also take my other medication.

I always use a spacer with my inhaler if I have one.

My peak flow is between □□ and □□ of my personal best (80 – 100%)

GREEN ZONE

Everyday asthma care

ASSESSMENT

My asthma is controlled:

• I have no cough, wheeze, shortness of breath or chest tightness
• I can exercise without asthma symptoms
• My asthma symptoms do not wake me at night
• I do not need to take days off school, college or work
• I use my reliever inhaler twice a week or less (under the age of 6 years)
• I use my reliever inhaler once a week or less (under the age of 6 years)

When I am having an asthma attack

ASSESSMENT

• My asthma symptoms are getting worse and I have increased:
  - cough, wheeze, shortness of breath or chest tightness
• My reliever inhaler gives little or no relief
• I find it difficult to talk or walk
• I find it difficult to breathe
• I have blue lips or fingernails
• My peak flow is dropping further
• The attack came on suddenly
• I am breathing fast and using my tummy and neck muscles

ACTION

Controller inhaler
When I am feeling unwell I take my medication like this.

Reliever inhaler
I take my reliever inhaler if I wheeze, cough, have chest tightness or I am finding it difficult to breathe.

When I am having an asthma attack

ASSESSMENT

• My asthma symptoms include one or all of the following:
  - cough, wheeze, shortness of breath or chest tightness
• I have symptoms with exercise
• My asthma symptoms wake me at night
• I need to take days off school, college or work due to asthma symptoms
• I am taking my reliever inhaler more than twice a week (over the age of 6 years)
• I am taking my reliever inhaler more than once a week (under the age of 6 years)
• My peak flow is dropping
• I feel like I have a cold or flu

ACTION

Controller inhaler
When I am having an asthma attack I take my controller medication like this.

Reliever inhaler
I take my reliever inhaler if I wheeze, cough, have chest tightness or I am finding it difficult to breathe.

When I am improving, I contact the GP/ Nurse/ out-of-hours Doctor/Emergency Department.

I always use a spacer with my inhaler if I have one.

THIS IS AN EMERGENCY – ACT NOW

Follow the 5 steps below. If you are worried or not improving at any stage, CALL 999/112

1. Stay calm. Sit up straight – do not lie down.
2. Take slow steady breaths.
3. Take one puff of your reliever inhaler (blue) every minute. Use a spacer if available.
   - People over 6 years can take up to 10 puffs in 10 minutes
   - Children under 6 years can take up to 6 puffs in 10 minutes
4. Call 112 or 999 if your symptoms do not improve after 10 minutes
5. Repeat step 3 if an ambulance has not arrived in 10 minutes

It is safe to take additional puffs of your blue inhaler during an acute asthma attack.

I always use a spacer with my inhaler if I have one.