

## MY ASTHMA MEDICINE

### My daily controller medication

My controller inhaler is

Colour

My other controller medication is

Colour

My nasal treatment is

My allergy treatment is

### 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.

### My reliever medications

My reliever inhaler is

Colour

### 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

My asthma triggers are:

## 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](http://www.quit.ie)



[hse.ie/eng/health/hl/living/asthma](http://hse.ie/eng/health/hl/living/asthma)

Call our **FREE ADVICELINE** to arrange an asthma nurse appointment or message our nurse on **WHATSAPP**

ASTHMA ADVICELINE

**1800 44 54 64**

BEATING BREATHLESSNESS WHATSAPP

**086 059 0132**



[asthma.ie](http://asthma.ie)

Adviceline & Beating Breathlessness are not emergency services. Call 112 or 999 in an emergency.



# MY ASTHMA ACTION PLAN

Date

Name

Next of kin

Next of kin's contact number

Emergency contact number

(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!**

[asthma.ie](http://asthma.ie)

# 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 (over the age of 6 years)
- ➔ I use my reliever inhaler once a week or less (under the age 6 years)

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

### ACTION

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

Name

Colour

Number of puffs - AM

Number of puffs - PM

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.

Name

Colour

Number of puffs

- ➔ I should always carry my reliever inhaler.
- ➔ I take two puffs of my reliever inhaler before exercise if needed.

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

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

# ORANGE ZONE



## 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 I am feeling unwell I take my medication like this.

Name

Colour

Number of puffs - AM

Number of puffs - PM

#### Reliever inhaler

Name

Colour

Number of puffs

- ➔ If I am not improving and I have been prescribed Prednisolone tablets (steroid tablets) to keep at home, I should start taking them. **Yes** / **No**
- ➔ If I continue to feel unwell and I am not improving, or I am concerned, I contact the GP/ Nurse/ out-of-hours Doctor/Emergency Department.

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

# RED ZONE



## 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

**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