## 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.
- 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 guit smoking call the QUITline on 1800 201 203 or visit www.quit.ie











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

Asthma Adviceline 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



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

# **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
- 1 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

Colour

(80 - 100%) of my personal best

#### **ACTION**

#### Controller inhaler

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

Number of puffs in the morning

Name

Number of puffs at night

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.

# **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
- 1 feel like I have a cold or flu

#### **ACTION**

#### Controller inhaler

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

Number of puffs in the morning Number of puffs at night

#### Reliever inhaler

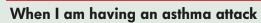
Name Colour

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**





#### **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