



My symptoms



My symptoms are normal for me

- Understand what symptoms are normal for me and aim to have no symptoms.
- My best peak flow reading is:



My symptoms are worse

- I am using my reliever inhaler every four hours.
- I have a cough, wheeze or I am breathless for 2 days or more in a row.
- My peak flow is below:
(less than 20% best)



My symptoms are a lot worse

- My asthma symptoms are getting a lot worse.
- My reliever inhaler does not help my symptoms.
- I am too breathless to speak or walk.
- My peak flow is below:
(less than 30% best)



My action plan

When I am well

- Take my asthma preventer(s) every day, as prescribed even when I feel well.
- Remember to 'rinse, gargle and spit' with water after using preventer inhaler(s).
- Keep my reliever inhaler with me at all times.
- Avoid triggers where possible.

I am feeling worse

- Continue taking my reliever inhaler as needed.
- Increase my preventer, (S)MART medication to:
- Record my peak flow daily.
- If prescribed, take my steroid tablets: a day for days.
- Call my GP.

I am feeling a lot worse

- **GET HELP** call 999 for an **Ambulance** urgently.
- **I will take 1 puff of my reliever inhaler every minute up to 10 puffs.**
- I will sit up and loosen tight clothing.
- If not already started, I will take my steroid tablets.