

My Treatments

Preventer medications

(Should be finished in number of days stated when taken regularly)

Reliever inhaler:

- I use a spacer and
 - Mask
 - Mouthpiece

Return empty/old inhalers to a pharmacy

My wheeze is steroid responsive:

- Yes
- No
- We're not sure

Remember to ask for a GP review if...

- Your child is having lots of mild attacks
- They are using their Reliever more than 3 times a week

WHEN YOUR CHILD IS HAVING A SEVERE ATTACK

WARNING SIGNS

- ⚠ Exhausted by cough & wheeze or breathing hard
- ⚠ Colour change (blue/pale/grey)
- ⚠ Using rib or neck muscles to breathe or flaring nostrils
- ⚠ Not feeling better after 6 puffs of Reliever

**THIS IS LIFE THREATENING:
CALL 999**
OR GO TO AN EMERGENCY DEPARTMENT NOW!

WHILST WAITING FOR HELP

- 1 Sit your child up
- 2 Give 10 puffs Reliever via spacer
- 3 Continue with 10 puffs Reliever as often as needed



AS YOUR CHILD GETS BETTER

- ⚠ Give 2 Reliever puffs (one at a time) wait 5-10 minutes and repeat as needed up to a total of 6 puffs
- ⚠ If 6 puffs don't last 4 hours take 10 puffs and go urgently to your GP or Emergency Department
- ⚠ Check on your child overnight
- ⚠ Arrange a review with your GP 48 hours after an attack
- ⚠ You should have a full asthma review in 4 weeks



IF YOUR CHILD IS GETTING WORSE

WARNING SIGNS

- ⚠ Wheeze and cough getting worse
- ⚠ Feeling out of breath
- ⚠ Using Reliever more than usual

WHAT TO DO

- 1 Give 2-6 Reliever puffs as often as needed via spacer
- 2 Continue Preventer
- 3 See your GP today or attend the Emergency Department (particularly if Reliever not lasting 4 hours)

WHEN YOUR CHILD HAS SYMPTOMS

WARNING SIGNS

- ⚠ Needs Reliever
- ⚠ Coughing and wheezing
- ⚠ Coughing and waking at night

WHAT TO DO

- 1 Give 2-4 Reliever puffs via spacer
- 2 Continue Preventer
- 3 If this happens 3 times or more per week see your GP (in next few days)

WHEN YOUR CHILD IS WELL

- 1 Know your child's triggers
- 2 Have Reliever and spacer always available
- 3 Monitor Reliever use and symptoms
- 4 Preventer should be taken as prescribed



My Asthma Plan



University Hospitals
Bristol and Weston
NHS Foundation Trust



My triggers are:

I avoid my triggers by:

I use _____ Reliever doses
before exercise

- Yes
 No

My Contacts

Asthma Nurse

Hospital Specialist

GP details and
annual review date

Smoking cessation
advice is available at

Useful websites:



www.asthma.org.uk



www.beatasthma.co.uk



www.uk-air.defra.gov.uk/forecasting/



My name is : _____

I have : Asthma Preschool wheeze

This plan was produced

By: _____

Date: _____

Give a paper copy of this plan to each of your child's carers or share a photo of it on your phone.