



# 1 MY ASTHMA UNDER CONTROL

- My normal best peak flow is [ ]
- My controller inhaler is called [ ]
- I take [ ] puff/s of my controller inhaler in the morning and [ ] puff/s at night. **I do this every day even if I feel well.**
- I should rinse my mouth after I take my controller inhaler.

## Other asthma medicines I take every day:

- My reliever inhaler is called [ ] and its colour is [ ]. I take [ ] puff/s of my [ ] reliever inhaler when I wheeze or cough, my chest hurts or it's hard to breathe. **I always have my reliever inhaler with me.**

Does playing, running or doing PE normally make it hard to breathe?

If yes I take [ ] puff/s of my [ ] inhaler 15 minutes before exercise

# 2 MY ASTHMA NOT WELL CONTROLLED

## I will know my asthma is not well controlled if:

- I have some shortness of breath, or
- I cough, wheeze or my chest is tight and hurts, or
- I find it hard to do the things I usually do, or
- I am waking up at night because of my asthma, or
- I feel like I have a cold or flu, or
- I need to take my [ ] reliever inhaler every day, or
- My peak flow is less than [ ]

When this happens: I keep taking my controller medicines as normal.

I also take [ ] puff/s of my [ ] reliever inhaler every four hours.

If I am not improving I should see my doctor or asthma nurse today.

# 3 MY ASTHMA OUT OF CONTROL

## I will know my Asthma is out of control if:

- My [ ] reliever inhaler is not helping, or
- I am too breathless to finish a sentence, or
- I am breathing hard and fast, or
- I am coughing or wheezing a lot, or
- I cannot sleep at night because of my asthma
- My peak flow is below [ ]

When this happens I should get **MEDICAL HELP IMMEDIATELY** and take [ ] puff/s of my [ ] reliever inhaler.

Continue to take 2 puffs of reliever every minute until **MEDICAL HELP** arrives.

Use a spacer device if possible for maximum benefit.

**REMEMBER TO TAKE YOUR INHALER WITH A SPACER IF YOU HAVE ONE**