

How Do You Feel?

Good Control

- You have no or minimal symptoms during the day and night (wheezing, coughing, shortness of breath or chest tightness).
- You can complete all normal activities without asthma symptoms.

Worsening Asthma

Your asthma is getting worse if you have ONE or more of the following symptoms:

- You need to use your reliever inhaler more than twice a week.
- You have difficulty sleeping because of your asthma.
- You have seasonal symptoms (e.g. hay fever, cold).

Severe Asthma

Your asthma is severe if you have ONE or more of the following symptoms:

- You need to take your reliever inhaler every 4 hours or more often.
- You are unable to manage your normal activities.
- You wake most nights with cough, wheeze, shortness of breath or chest tightness.

Emergency

It is an asthma emergency if any of the following happen:

- Your reliever inhaler does not help.
- You are too breathless to speak, eat or sleep.

What is Your Peak Flow Reading?

My best peak flow reading is:

Your peak flow reading is above 80% of your best reading.

For you this means

Your peak flow reading is below 80% of your best reading.

For you this means

Your peak flow reading is less than 60% of your best reading.

For you this means

Your peak flow reading is less than 40% of your best reading.

For you this means

Remember to take your inhaler with a spacer if you need to

Actions

No Change. Continue your normal asthma treatment of:

1. Preventer
2. Reliever
3. Additional Medication

If your control is always good, your doctor or asthma nurse may want to reduce your regular medication.

1. Increase your medication as agreed with your doctor or asthma nurse:

2. Stay on this dose until you have 'Good Control' of your asthma.
3. If your symptoms do not improve in days, contact your doctor or asthma nurse. Continue to take your reliever inhaler whilst these symptoms persist.

1. Continue taking your medication as in 'Worsening Asthma'.
2. If you have been prescribed steroid tablets, begin taking them and let your doctor or asthma nurse know within 24 hours.
3. Take 5mg prednisolone tablets immediately and again every morning for days or until your symptoms have improved and your peak flow is back to normal (Good Control reading).
4. If you have not been prescribed steroid tablets, see your asthma nurse urgently.

1. Take your reliever inhaler.
2. Loosen tight clothing, sit down and try to take steady breaths.
3. If no immediate improvement, continue to take 1 puff/dose of reliever inhaler every minute for 5 minutes or until symptoms improve.
4. If your symptoms do not improve after taking your inhaler as instructed above — call 999 urgently.
5. Continue to take 1 puff of your reliever inhaler every minute until help arrives.

DO NOT IGNORE WORSENING SYMPTOMS. GET MEDICAL HELP IMMEDIATELY, DAY OR NIGHT.

After an emergency you should call your doctor or asthma nurse for an urgent appointment — even if you feel better.