

## GREEN: WELL CONTROLLED

### My Asthma is under control if

- I have no or very few symptoms cough, wheeze, tight chest during the day and night
- I can do all my normal activities without any symptoms

### What to do

- If I use a preventative inhaler I take this every day even when feeling well
- If exercising gives me symptoms I take my reliever beforehand
- I take my reliever inhaler if I need to - to relieve symptoms of wheeze, if my chest feels tight, if I'm finding it hard to breathe or if I am coughing.

## AMBER: INCREASED SYMPTOMS

### My asthma is getting worse if

- I have a cough, wheeze, it's hard to breathe or my chest hurts or feels tight OR
- I am waking up in the night coughing or wheezing or
- I am taking my reliever inhaler more frequently or everyday
- Or my symptoms are interfering with my usual day to day activities
- Or my peak flow (if used) is lower than my normal

### What to do

- Take my preventative inhaler – if I haven't been taking it as it is prescribed I should do this and if I haven't been using the spacer device if prescribed I should
- Take 2 puffs of reliever inhalers every four hours until my symptoms resolve
- If I don't start to notice an improvement within 24-48 hours I must call the GP surgery for advice
- This advice may include increasing strength of preventative inhaler, or the use of antibiotics and/ or oral steroids

## RED: ASTHMA ATTACK

### I am having an asthma attack if

- My reliever is not helping or I need it more frequently than every couple of hours or
- I find it difficult to walk, talk or eat due to breathlessness, or
- I find breathing difficult and I am breathing hard and fast or
- I am wheezing or coughing a lot or have a very tight chest

### What to do

- Sit up and try to take slow steady breaths
- Take 2 puffs of my reliever inhaler one at a time – if I have a spacer take the reliever inhaler through this
- If I don't start to feel better I can take one puff at a time up to 10 puffs - again if I have a spacer this will help me get as much of the medication in as possible
- If I don't feel better I should call 999 and if the ambulance isn't with me I can take continued puffs of reliever inhaler until they arrive
- Even if I feel better I should speak to my GP or asthma nurse within 24 hours