How to recognise if your asthma is getting worse:

- Have you had difficulty sleeping because of your asthma symptoms (including coughing)?
- Have you had asthma symptoms during the day (coughing, wheezing, chest tightness or breathlessness)?
- Has your asthma interfered with your usual activities (e.g. housework, work or school)?

If you have answered “yes” to one or more of the above, arrange an asthma review with your GP or practice nurse. Take this plan to each visit so it can be updated. Take your symptom or peak flow diary to each visit.

Even if your asthma is well controlled, it is important that you attend your annual asthma review.

This is a vital opportunity to have your medicines reviewed and your device checked.

Did you know that 75 per cent of asthma admissions to hospital could have been avoided with better self management?

Do not stop taking your asthma medicines without talking to your GP or nurse first.

For further information contact:

- **Asthma UK**
  - [www.asthma.org.uk](http://www.asthma.org.uk)
  - 0800 121 6244 (helpline)
  - Monday – Friday, 9am – 5pm
  - (All calls are free)

- **NHS Choices**
  - [www.nhs.uk](http://www.nhs.uk)

- **British Lung Foundation**
  - [www.blf.org.uk](http://www.blf.org.uk)
  - 03000 030 555 (helpline)
  - Monday – Friday, 9am – 5pm

- **Stop Smoking Service**
  - 0800 561 2121
  - (if you live in Nottingham City)
  - 0800 389 7712
  - (if you live in Nottinghamshire)
  - Or speak to your GP for more information.

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<table>
<thead>
<tr>
<th>Name:</th>
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<tbody>
<tr>
<td>Date of birth:</td>
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<tr>
<td>NHS number:</td>
</tr>
<tr>
<td>GP practice:</td>
</tr>
<tr>
<td>Practice telephone number:</td>
</tr>
<tr>
<td>Date plan issued:</td>
</tr>
<tr>
<td>Predicted or best peak flow:</td>
</tr>
<tr>
<td>Date of last annual review:</td>
</tr>
</tbody>
</table>

Did you know that your local community pharmacy offers asthma advice and support to help you stop smoking?
GREEN ZONE

Your asthma is well controlled when:

- Your sleep is not disturbed by asthma symptoms (coughing, wheezing, chest tightness or breathlessness)
- Your usual activities are not affected by asthma symptoms
- You have no asthma symptoms during the day
- Your peak flow reading is above (80% of predicted or best)

ACTION

Continue to take your usual asthma medicines:

<table>
<thead>
<tr>
<th>Inhaler / tablet</th>
<th>Name of preparation / colour</th>
<th>Dose and frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventer</td>
<td></td>
<td>use every day even when well</td>
</tr>
<tr>
<td>Reliever</td>
<td></td>
<td>should be used if you have symptoms</td>
</tr>
<tr>
<td>Other asthma medication</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

AMBER ZONE

Your asthma is getting worse if:

- You have difficulty sleeping because of asthma symptoms (coughing, wheezing, chest tightness or breathlessness)
- You have difficulty doing normal activities because of asthma symptoms
- You are using your reliever inhaler more or it lasts a shorter time
- Your peak flow reading is below (80% of predicted or best)

ACTION

- Make sure you are using your preventer inhaler as usual: puffs morning and night
- Use your reliever inhaler up to puffs times a day through a spacer device if appropriate

If your symptoms do not improve or they become worse within 2 days of taking the above steps, make an appointment with your GP or specialist nurse.

RED ZONE

Asthma emergency:

- Your symptoms are getting worse (coughing, wheezing, chest tightness or breathlessness)
- You are too breathless to speak easily (cannot speak full sentences)
- Your reliever inhaler is not helping
- Your peak flow reading is below (50% of predicted or best)

TAKE ACTION NOW

- Get help – call 999 urgently
- Sit up and loosen tight clothing
- Try to keep calm
- Take your reliever inhaler through a spacer if possible:
  - Inhale 1 puff each minute for up to 10 minutes. Repeat at 10-20 minute intervals until symptoms improve or help arrives, or as advised by your asthma nurse.

If you have been given a Pink Card, remember to show it to the paramedic.