

Wheeze Triggers

Things make their asthma worse:



Wheeze Review

They need to see the asthma nurse at least every 6 months.

The next asthma review is:-

This is how I can contact the doctor or asthma nurse:



Wheeze/Asthma Plan for under 5's



Name:

- Where can I find our more?
- Athma UK adviceline: 0800 121 62 44
 - asthma.org.uk
 - kickasthma.org.uk
 - patient.co.uk/doctor/management-of-



Wheeze medicines

The preventer inhaler is called _____
And its colour is _____.

They take _____ puffs in the morning and
_____ puffs in the evening.

They need to take their preventer inhaler
everyday even when they feel well.

The reliever inhaler is called _____
And its colour is _____.



They take _____ puffs of my reliever inhaler if
any of these things happens:

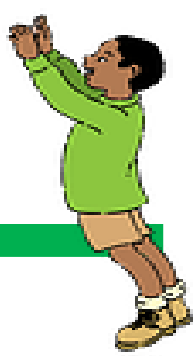
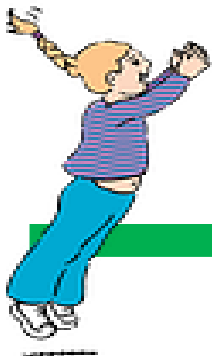
- They are wheezing
- They are coughing
- They are short of breath
- I'm coughing



Remember to take your inhalers with a spacer



Other medicines I take for asthma :



When their breathing gets worse

Have you noticed any of these things?

- They need to use their reliever inhaler more than 3 times a week
- They have a cold
- They wake up with wheeze / coughing
- They have wheeze / coughing when they are active
- The effects of their reliever inhaler is not lasting 3-4 hours or working within 15 minutes

When this happens:-

Continue their preventer medicines as normal.

- They can also take _____ puffs of their reliever inhaler every 4 hours.

- If they have been given steroids to keep at home, give as instructed and make an urgent appointment

If they are not getting any better, they should see the doctor or asthma nurse in the next 24 hours.



When they have an wheeze/asthma attack

They are having an wheeze/asthma attack if:

- Their reliever inhaler is not helping
- They are very distressed by their wheeze symptoms
- They are too breathless to talk, eat or drink
- Their lips are blue
- They are using tummy or neck muscles to breathe

When this happens:

You need to
or your GP



call 999
urgently

- Give 2 puffs of their reliever inhaler every 2 minutes (up to 10 puffs).