



## 1. My Daily Asthma Medicines

### Preventer Inhaler (usually brown, green or white and usually kept at home)

I need to take my preventor inhaler everyday. It is called ..... and its colour is .....

I take ..... puff/s of my preventor inhaler in the morning (usually at home) and ..... puff/s at night (usually at home). I do this every day even if my asthma is ok.

If I need to use my preventor inhaler in school the expiry date for that inhaler is.....

### Reliever Inhaler (usually blue)

My reliever inhaler helps when I have symptoms, it 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 take ..... Breaths between puffs with my reliever inhaler.

The expiry date of my reliever inhaler is .....

### Other asthma medicines I take every day:

.....  
.....

**Does your child use a spacer device**  
**YES / NO**

**Can your child self-administer their inhaler?**  
**YES / NO**

## 2. My asthma triggers

Write down things that make your asthma worse

.....  
.....  
.....  
.....

What are my asthma signs and symptoms that my asthma is getting worse (e.g. cough, wheezing, breathlessness)

.....  
.....  
.....  
.....

If no significant improvement or needing my inhaler more than every ..... hours. Treat as a bad attack.

What are my signs and symptoms that I'm having an asthma attack (e.g. poor or no response to reliever, I am finding it hard to talk or hard to breathe)

.....  
.....  
.....  
.....

Usual peak flow:

.....

Peak flow for mild symptoms between:

.....

Peak flow less than, for asthma attack:

.....

### 3. When I have an asthma attack

- Sit down- don't lie down. Try to be calm.
- Take one puff of my reliever inhaler (with my spacer if I have one) every 30 to 60 seconds up to a total of ..... puffs
- Ask another adult to: call for a first aider and inform the office to call parents/carer.

If they still do not feel better and have taken ..... Puffs, call 999 straight away.

If waiting longer than 15 minutes for an ambulance, another ..... puff/s of the reliever inhaler may be given.

### 4. Daily asthma care

Adjustments to my school day or environment or emotional needs

Does doing sport/PE make it hard for me to breathe?

YES/NO

If YES, I take ..... puff/s before doing sport/PE.

Do I need rests during the school day?

.....  
.....

Do I need to leave the classroom for my asthma treatment?

YES/NO

Other information:

.....  
.....  
.....

My inhaler will be kept in my classroom, in a red bumbag. The bumbag is kept in the classroom.

My class teacher and the adults in my class will know about my asthma needs and support me with the use of my inhaler.

I may also be helped but our First Aiders at Work: Natalie Donnelly, Claire Duncan, Paula Hearn

When we are out on trips or visits, I will be in a group with an adult who knows me and my asthma plan. They will carry my plan, my bumbag and a mobile phone. The postcode / coordinates of the places we visit will be recorded on the risk assessment. My medical needs will also be recorded.

**My parents will tell my teacher if there are any changes to my condition or treatment prior to the review date (recorded on the front sheet)**

Signed:

Date: