



My School Asthma Plan

Child's Photo

Child's Name: _____ Date of Birth: _____
Date of Plan: _____ to be reviewed _____ (each school year min)

1 My daily asthma medicines

- My preventer inhaler is called _____ and it is _____ in colour.
- I take ___ puff(s) of my preventer inhaler in the morning and ___ puff(s) at night. I do this even if I feel well.
- Other asthma medicines I take every day are:

- My reliever inhaler is called _____ it is _____ in colour.
- I take ___ puff(s) of reliever inhaler when I wheeze or cough, my chest hurts or it's hard to breathe.

2 When my asthma gets worse

I'll know my asthma is getting worse if:

- I wheeze or cough, my chest hurts or it's hard to breathe.
- I'm waking up at night because of my asthma.
- I'm taking my reliever inhaler (usually blue) more than three times a week.
- My peak flow is less than ____

If my asthma gets worse, I should:

- Keep taking my preventer medicines as normal.
- Also take ___ puff(s) of my blue reliever inhaler every four hours.

If I'm not getting better doing this, I should see my doctor or asthma nurse

3 When I have an asthma attack

I'm having an asthma attack if:

- My blue reliever inhaler isn't helping.
- I can't talk or walk easily.
- I'm breathing hard and fast.
- I'm coughing or wheezing a lot.
- My peak flow is less than ____

When I have an asthma attack, I should:

- **Sit up** – don't lie down. Try to stay calm.
- Take one puff of my reliever inhaler **every 30-60 seconds** up to a total of 10 puffs.

My asthma triggers are:

Even if I start to feel better, I still need to see my doctor or asthma nurse today.

If I still don't feel better after 10 puffs, I need to call **999** right away.

Remember to use my inhaler with a spacer (if I have one)



Signed _____ Parent/Guardian