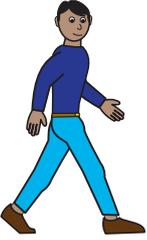


How I look after my Asthma





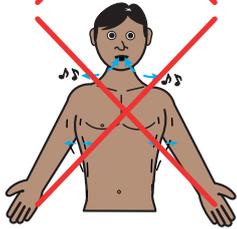
Feeling Good



- Able to walk and exercise as much as I like



- No cough

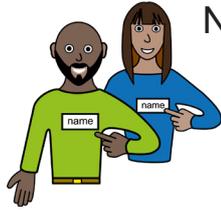


- No whistle breathing (wheeze)

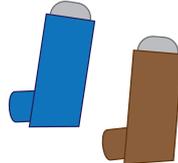
My Medication



Name



Colour



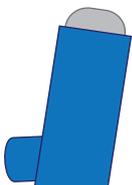
Morning Puff/s



Evening Puff/s

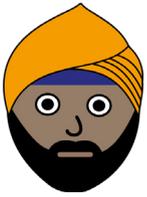


My Rescue Inhaler

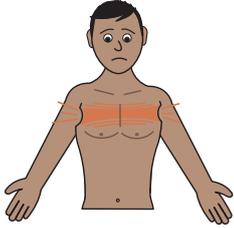


Always carry your rescue inhaler with you. You shouldn't need it more than 2 puffs a week

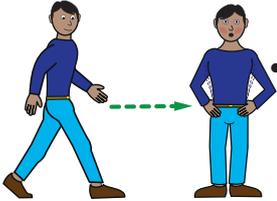




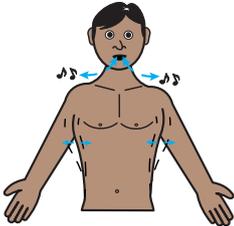
Not Feeling Good



- Tight chest

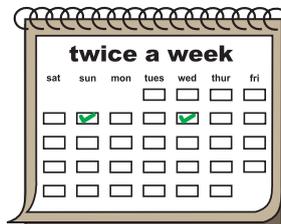
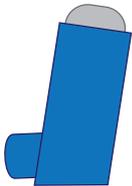


- Breathless when walking

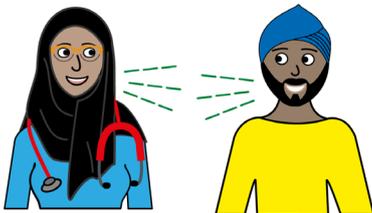


- Whistle breathing (wheeze)

My Rescue Inhaler



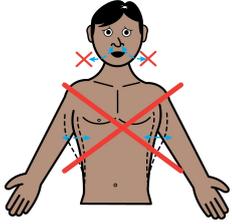
Are you using it more than
2 puffs a week?



Your asthma medication might need to be changed to suit you, Speak to your GP/asthma nurse **THIS WEEK**

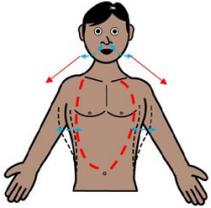


Feeling Bad



- Short of breath all the time

fast breathing



- Fast breathing

can't talk

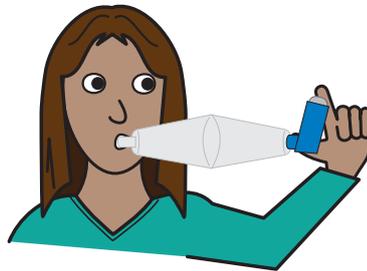


- Wheezing a lot
- Unable to talk

Asthma Emergency



Sit up straight



One puff blue inhaler, with spacer, **every 30 seconds.**

Up to **10 puffs**



Feel worse or no better? DIAL 999

Repeat after 15 minutes while waiting for ambulance.