

My triggers are:

If I have been in hospital:

- Continue taking reliever inhaler up to **4 -6 puffs** every 4 hours for 24 - 48 hours
- It may not be necessary to continue at night if sleeping comfortably with no symptoms
- After 24-48 hours continue to use reliever inhaler at the standard dose until well.
- Telephone review in 7-10 days

Tips to keep well:

- I always need access to my reliever inhaler even at school
- I need to leave a spare reliever inhaler at nursery / school / college
- If I use more than 1 reliever inhaler a month, I should contact my GP / Practice Nurse
- I must remember to take my inhaler with me on any trips away from home
- I should use the correct inhaler device prescribed for me
- A spacer is the best way to deliver reliever treatment in an emergency and for preventer inhalers.

Useful information sites

asthma.org.uk

nhs.uk

smokefree.nhs.uk

allergyuk.org

For Out of Hours GP Service ring
NHS 111

Asthma UK Advice line
0300 222 5800

National Smoking Helpline
0300 123 1044

ESHT patient advice & liaison service
(PALS) 0300 131 5309

**If you would like to check your
child's inhaler technique, please go
to
[https://www.asthma.org.uk/advice/
inhaler-videos](https://www.asthma.org.uk/advice/inhaler-videos)**

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner. It has been adapted from University Hospitals Sussex, Royal Alexandra Hospital for Children, Brighton

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

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East Sussex Healthcare
NHS Trust

Viral wheeze/ asthma action plan

**Please take this plan with you
whenever you see your GP, Practice
Nurse or if attending Hospital**

Everyday treatment:

My **PREVENTER** inhaler is:

(Colour)

(Name)

My inhaler device is:

(Name)

I take puffs twice a day every day even when well

(clean teeth/wipe face afterwards)

Other asthma medicines I take every day:

My **RELIEVER** inhaler is:

(Colour)

(Name)

My inhaler device is:

(Name)

I take 2-4 puffs every 4 hours as needed if I have:

Wheeze, cough, shortness of breath, chest tightness, increased work of breathing

With any of the following:

At onset and for the duration of a cold

Before I do exercise

Before I'm exposed to a known trigger

My best Peak Flow is:

My symptoms are getting worse if:

- I have an increase in wheeze, cough, chest tightness or it's hard to breathe
- My chest symptoms are interfering with daily activities e.g., play / exercise
- I am waking with coughing or wheezing regularly at night
- I am using my reliever inhaler 3 times per week or more (not just with a cold)
- My Peak Flow is below 75% of best.

When this happens:

- Make sure I am taking my preventer medication regularly as normal
- Take my reliever inhaler every 4 hours if needed
- See my doctor or nurse within 24 hours if I don't feel better.

I'm having an asthma attack if:

- My reliever inhaler is not helping or is not lasting 4 hours
- I am wheezing or coughing a lot or my chest is tight / hurts
- I am finding it hard to breathe
- I am finding it difficult to walk or talk or eat easily
- My breathing is hard and fast
- My peak flow is below 50% of best.

When this happens:

- Sit up and try to stay calm
- Take **1 puff** of my reliever inhaler every 30-60 seconds up to a maximum of **10 puffs**, ideally through a spacer.
- If I don't have my reliever inhaler, call 999 straight away

If I feel **WORSE** while using the inhaler or after 10 puffs:

- Call 999
- If the ambulance is taking longer than 15 mins I can use my blue inhaler again, every 30-60 secs (up to 10 puffs) if I need to

If I feel **BETTER**:

- Make an urgent appointment with GP / Practice Nurse for today **or**
- Attend the Children's Emergency Department
- Continue using reliever inhaler every 4 hours at my standard dose.