

My asthma triggers

To lower my risk of having an asthma attack, I will try to avoid things that make my asthma worse.

Taking my asthma medicine every day will help to reduce my reaction to these triggers:

People with allergies need to be extra careful as asthma attacks can be more severe.

My asthma review

I will book an asthma review at least once a year, or more if I need it. If I have been to A&E or been prescribed steroid tablets, I will book an asthma review straight away.

I will bring:

- my action plan, to see if it needs updating
- any inhalers and spacers I have, to check I'm using them in the best way
- my peak flow meter if I use one
- any questions about my asthma and how to manage it.

My next asthma review date:

My GP surgery name and phone number:

IMPORTANT: Call **111** when your surgery is closed if you're worried about your asthma.

Get the most from your action plan

- 1** Put it somewhere easy to find like your fridge door, noticeboard or bedside table. Keep a photo of it on your mobile phone or tablet, so you can check it wherever you are.
- 2** Share it with family, friends, coworkers, or anyone you live with, so they know how to help you if you're unwell.
- 3** Set reminders on your phone or calendar to check it regularly, so you don't forget your everyday asthma medicines, or what to do if your symptoms get worse.
- 4** Take it to every asthma appointment. Ask your healthcare professional to update it if their advice for you changes.

Get advice, support and information at **AsthmaAndLung.org.uk** or find us on social media:



Questions about asthma?

Talk to our friendly respiratory nurse specialists for more support.

Call **0300 222 5800**

(Monday to Friday, 9am to 1pm and 2pm to 5pm)

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Adult asthma action plan

Fill this in with your healthcare professional

This asthma action plan is for adults who use separate preventer and reliever inhalers. If you are on a MART or AIR regime, please use our MART or AIR asthma action plan.

Name and date:

1 My daily asthma routine

I need to take my preventer inhaler every day, even when I feel well.

I take [] puff(s) in the morning. I take [] puff(s) at night.

My preventer inhaler (insert name and colour):

My reliever inhaler (insert name and colour):

I take my reliever inhaler only if I need to.

Other medicines and devices I use for my asthma every day (for example, spacer, peak flow meter):

My asthma is being managed well when:

- I follow my daily routine and I have no symptoms
- my personal best peak flow is: []

If I've not had any symptoms or needed my reliever inhaler for at least 12 weeks, I can ask my healthcare professional to review my medicines, in case they can reduce the dose.

2 When I feel worse

My asthma is getting worse if I have any of these:

- I have symptoms like wheeze, tightness in my chest, feeling breathless or a cough
- I'm waking up at night with symptoms
- my symptoms are interfering with my daily activities, like work or physical activity
- I'm using my reliever inhaler 3 times a week or more
- my peak flow drops to below: []

URGENT! If you need your reliever inhaler more than every 4 hours, you need to take emergency action now. **See section 3.**

What I can do to manage my asthma now

If I have not been using my preventer inhaler, I'll start using it regularly again.

If I have been using it, I will:

- increase my preventer inhaler dose to [] puffs [] times a day until my symptoms have gone and my peak flow is back to my personal best
- take my reliever inhaler as needed, up to [] puffs every 4 hours
- carry my reliever inhaler with me when I'm out (with a spacer if I use one).

URGENT! See a doctor or nurse within 24 hours if your symptoms get worse, or if you're still having symptoms after 7 days.

Other advice from my healthcare professional about what to do if my asthma is worse:

3 In an asthma attack

I'm having an asthma attack if I'm having any of these:

- my reliever inhaler is not helping or it's not lasting 4 hours at a time
- I find it difficult to walk or talk
- I find it difficult to breathe
- I'm wheezing a lot, or I have a very tight chest, or I'm coughing a lot
- my peak flow is below: []

What to do in an asthma attack

1. Sit up and try to keep calm.
2. Take 1 puff of your blue reliever inhaler every 30 to 60 seconds, up to 10 puffs.
3. If you feel worse at any point or you do not feel better after 10 puffs, call 999 for an ambulance. If you do not have your blue reliever inhaler, **call 999 straight away.**
4. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2.
5. If your symptoms are not better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately.**

IMPORTANT: If you have a MART or AIR inhaler, please tell the responder when you **call 999.**

After an asthma attack

- If you managed your asthma attack at home, contact your GP surgery or **111** today.
- If you were treated in hospital, see a healthcare professional within 48 hours of being discharged.
- Finish any medicines prescribed, even if you start to feel better. If you do not improve with treatment, see a healthcare professional urgently.