## **Child Asthma Plan**

Name\_

Given \_\_\_/\_\_\_/ Expires \_\_\_/\_\_/

Doctor/nurse signature\_\_\_\_\_

Parent signature

Well level	What medicines do I give?				
No day or night time	Preventer	Strength	How much?	How often	? Device
cough or wheeze.					
Child's best peak	Give this every day. Ask yo	ur doctor/nui	rse <i>- when c</i>	an the medicii	ne be decreased?
flow:	Reliever (usually blue)		How much? & How often? 2 puffs before activity 2 more during if needed		Device
		2 puffs be 2 more du			
	Give this before exercise or activity AND as soon as any asthma symptoms appear				
	Other treatments Strengt	h How muc	h do I give?	How often?	Device
				I	
Early Signs Level	What do I do?				
	Give Reliever (usually blue	/	How much?		Extra advice
			Give 5 puffs every 3 to 4 hours		school/nursery at this
		3 to 4 hol			stage. Assume all colds and viruses can set
	Other asthma medicines —	→ Give as n	ormal	off asthma att	
	Your child should get better w	/ithin	If	not, you need	to do something about it.
Peak flow: (75-90% of best)	Move to the 'Asthma Attack L				0
		evel' dox delo	w and contac	t your GP.	Ū.
		evel, pox pelo,	w and contac	t your GP.	Ŭ
Asthma Attack	What do I do?			t your GP.	
Asthma Attack Level		) How much?	)		Extra advice
	What do I do?	) How much? Give 10 puf	? fs every 3 to 4	<sup>1</sup> Multi-dos	
	What do I do? Give Reliever (usually blue	) How much? Give 10 puf hours (calle	o fs every 3 to 4 ed multi-dosing	4 Multi-dos g). 4 hours.	Extra advice ing should last for 3 to
	What do I do? Give Reliever (usually blue Other asthma medicines	) How much? Give 10 puf hours (calle Give as nor	? fs every 3 to 4 ed multi-dosing mal.	4 g). If not, the and your	Extra advice ing should last for 3 to e asthma is getting worse child will need to start
	What do I do? Give Reliever (usually blue	) How much? Give 10 puf hours (calle Give as nor	o fs every 3 to 4 ed multi-dosing mal. plets	4 g). g). g). g). g). g). g). g). g). g).	Extra advice ing should last for 3 to e asthma is getting worse child will need to start
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Level	What do I do? Give Reliever (usually blue Other asthma medicines Steroid tablets (If you have these at home) As soon as you start giving start	) How much? Give 10 puf hours (calle Give as nor Givetat once a day eroids get an e I better. If not, nt with your Gl	fs every 3 to 4 ed multi-dosing mal. pletsdays fordays emergency do , your child ne P, (Tel:	Multi-dos g). 4 hours. If not, the and your steroid ta ctor review.	Extra advice ing should last for 3 to e asthma is getting worse child will need to start iblets. dical attention - either
Level	What do I do? Give Reliever (usually blue Other asthma medicines Steroid tablets (If you have these at home) As soon as you start giving star Your child should start to fee get an immediate appointment	) How much? Give 10 puf hours (calle Give as nor Givetat once a day eroids get an e I better. If not, nt with your Gl	fs every 3 to 4 ed multi-dosing mal. pletsdays fordays emergency do , your child ne P, (Tel:	Multi-dos g). If not, the and your steroid ta ctor review. eds urgent me	Extra advice ing should last for 3 to e asthma is getting worse child will need to start iblets. dical attention - either
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Level	What do I do? Give Reliever (usually blue Other asthma medicines Steroid tablets (If you have these at home) As soon as you start giving star Your child should start to fee get an immediate appointmer go to your nearest hospital A8 What do I do? Dial 999 for an ambulance. While you are waiting for the	) How much? Give 10 puf hours (calle Give as nor Givetal once a day eroids get an e I better. If not, at with your GI E department	fs every 3 to 4 d multi-dosing mal. oletsdays fordays emergency do , your child ne P, (Tel: t/or call 111.	Multi-dos 4 hours. If not, the and your steroid ta ctor review. eds urgent med	Extra advice ing should last for 3 to a asthma is getting worse child will need to start iblets. dical attention - either )
Level Peak flow: (50-75% of best) Emergency Distressed, gasping for breath, finding it hard to speak, skin	What do I do? Give Reliever (usually blue Other asthma medicines Steroid tablets (If you have these at home) As soon as you start giving star Your child should start to feel get an immediate appointmen go to your nearest hospital A8 What do I do? Dial 999 for an ambulance. While you are waiting for th - Stay calm. Keep your child start	) How much? Give 10 puf hours (calle Give as nor Givetat once a day eroids get an e I better. If not, at with your Gl E department	fs every 3 to 4 d multi-dosing mal. blets fordays emergency do , your child ne P, (Tel: t/or call 111.	Multi-dos 4 hours. If not, the and your steroid ta ctor review. eds urgent med	Extra advice ing should last for 3 to a asthma is getting worse child will need to start ablets. dical attention - either ) othing way.
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Level Peak flow: (50-75% of best) Emergency Distressed, gasping for breath, finding it hard to speak, skin pale or lips blue, 'not	What do I do? Give Reliever (usually blue Other asthma medicines Steroid tablets (If you have these at home) As soon as you start giving star Your child should start to feel get an immediate appointmen go to your nearest hospital A8 What do I do? Dial 999 for an ambulance. While you are waiting for th - Stay calm. Keep your child 10 - Give your child 10 puffs of th	) How much? Give 10 puf hours (calle Give as nor Givetat once a day eroids get an e I better. If not the with your GI &E department the ambulance sitting up strai- heir reliever us ich puff).	fs every 3 to 4 d multi-dosing mal. bletsdays fordays emergency do , your child ne P, (Tel: for call 111.	Multi-dos 4 hours. If not, the and your steroid ta ctor review. eds urgent med our child in a so (1 puff at a time	Extra advice ing should last for 3 to e asthma is getting worse child will need to start iblets. dical attention - either ) othing way. e - your child
Level	What do I do?         Give Reliever (usually blue)         Other asthma medicines         Steroid tablets (If you have these at home)         As soon as you start giving start your child should start to feel get an immediate appointmen go to your nearest hospital A8         What do I do?         Dial 999 for an ambulance.         While you are waiting for the - Stay calm. Keep your child 30 puffs of the should take 5 breaths for ea - Keep giving the reliever even	) How much? Give 10 puf hours (calle Give as nor Givetat once a day eroids get an e I better. If not the with your GI &E department the ambulance sitting up strai- heir reliever us ich puff).	fs every 3 to 4 d multi-dosing mal. bletsdays fordays emergency do , your child ne P, (Tel: for call 111.	Multi-dos 4 hours. If not, the and your steroid ta ctor review. eds urgent med our child in a so (1 puff at a time	Extra advice ing should last for 3 to e asthma is getting worse child will need to start iblets. dical attention - either ) othing way. e - your child

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