

Zone 1

Your asthma is under control if:

- You have no or minimal symptoms during the day and night (wheezing, coughing, shortness of breath or tightness in the chest)
- You can do all of your normal activities without asthma symptoms
- Your peak flow reading is normal or near your personal best. For you this means

Action

Take your preventer inhaler every day, even when you are feeling well. Your preventer inhaler is

name

colour Take number of puffs/doses

when

Take your reliever inhaler if you have symptoms. Your reliever inhaler is

name

colour Take number of puffs/doses

when

Additional medicine

name

colour Take number of puffs/doses

when

If you are always in Zone 1, your doctor or asthma nurse may want to reduce your regular medicines.

If you have stopped your treatment for any reason you should restart it at the first sign of asthma.

Zone 2

Your asthma is getting worse if you have ONE or MORE of the following:

- You need to use your reliever inhaler more than twice a week
 - You have had difficulty sleeping because of your asthma
 - You have seasonal symptoms (eg hay fever, cold)
 - Your peak flow reading is around or lower
- You may need to go straight to Zone 3. Check with your doctor or asthma nurse

Action

Increase your medicine as agreed with your doctor or asthma nurse. Write the plan here.

Stay on this dose until you have had no symptoms for days then return to your dose in Zone 1.

Continue to take your reliever inhaler when you have symptoms.

If your symptoms do not improve in days contact your doctor or asthma nurse for advice.

If you are often in Zone 2 ask for an asthma review. Your doctor or asthma nurse will check you are using your inhalers correctly and your usual medicines may need to be increased or changed.

Zone 3

Your asthma is much more severe if you have ONE or MORE of the following:

- You need to take your reliever inhaler every four hours or more often
- You are unable to manage your normal activities
- You have symptoms during the day or night
- Your peak flow reading is or lower

Action

Continue taking your medicine as shown in Zone 2.

Continue to take your reliever medicine when needed.

If you have been prescribed steroid tablets, start taking them and let your doctor or asthma nurse know within 24 hours

If you have not been prescribed steroid tablets see a doctor or asthma nurse urgently.

Take number 5mg prednisolone tablets immediately and again every morning for days or until your symptoms have improved and your peak flow is back to normal (as in Zone 1). For you this means

If you do not improve with these tablets go to Zone 4.

If you are in Zone 3 ask your doctor or asthma nurse for an asthma review, even if you feel better.

Do not ignore worsening asthma. Get medical help.

Zone 4

It is an asthma emergency if any of the following happen:

- Your reliever inhaler (usually blue) does not help
- One or more of your symptoms get worse (wheezing, coughing, shortness of breath, tightness in the chest)
- You are too breathless to speak
- Your peak flow reading is or lower

Action

1 Take one to two puffs of your reliever inhaler (usually blue).

2 Sit up and take slow steady breaths.

3 If you don't feel better, continue to take two puffs of your reliever inhaler every two minutes. You can take up to ten puffs.

4 If you do not feel better after taking your reliever inhaler as above or if you are worried at any time call 999.

5 If an ambulance does not arrive within 15 minutes, and you do not feel any better, repeat step 3.

If your symptoms improve and you do not need to call 999 you will need to see your doctor or asthma nurse within 24 hours.

Do not delay calling for help if your asthma is getting worse, day or night.

This information does not apply to people using Symbicort SMART regime who should discuss their advice with their doctor or asthma nurse

Your asthma medicines – what to use on an everyday basis

	Your medicine is:	How much to use:	When to use:	Comments/symptoms:
Preventer				
Reliever				
Other				

How to recognise if your asthma is getting worse

Have you had difficulty sleeping because of your asthma symptoms (including a night time cough)?

Have you had asthma symptoms during the day (wheezing, coughing, shortness of breath or tightness in the chest)?

Has your asthma interfered with your usual activities (eg housework, work or school)?

If 'yes' to one or more of the above, or if you have not seen your doctor or nurse about your asthma for 12 months or more, arrange to have a review.