	Teenag	ge signatu	re				
Well level	What medicines d	o I take?					
No day or night time	Preventer		Strength How much? Ho			How often?	Devid
cough or wheeze.							
My best peak flow:	Take this every day. Ask your doctor/nurse - when can the medicine be decrea					cine be decreas	
	Reliever (usually blue)					often? n needed	Devid
	Take this before exe	ercise or ac	ctivity AND a	s soor	ı as any	asthma syr	nptoms appear.
	Other treatments	Strength	How muc	h do I	take?	How often?	Devid
	Miles Calada O						
Early Signs Level	What do I do? Give Reliever (usu	How muc	How much?			Extra advice	
	Olve Kellevel (usi					to school/college	
		3 to 4 hou	3 to 4 hours sta		stage.	age.	
	Other asthma medi	→ Take as r				ssume all colds and viruses ff asthma attacks.	
	You should get better within If not, you need to do something abou						
	You should get bette	er within _			If not, y	ou need to d	o something abo
Peak flow: (75-90% of best)	You should get bette Move to the 'Asthma				•		o something abo
	Move to the 'Asthma				•		o something abo
Peak flow: (75-90% of best) Asthma Attack Level	•	a Attack Le	vel' box belo	w and	•		
Asthma Attack	Move to the 'Asthma' What do I do?	a Attack Le	How much?	w and	contac	t your GP. 4 Multi-d	Extra advice
Asthma Attack	What do I do? Give Reliever (usu	a Attack Le	How much? Take 10 pu	w and	contac	4 Multi-d 4 hour	Extra advice losing should last s.
Asthma Attack	Move to the 'Asthma' What do I do?	a Attack Le	How much? Take 10 pu hours (calle Take as no Taketal	offs events and multiplets of the control of the co	contac	4 Multi-d 4 hour If not, i	Extra advice losing should last s. the asthma is get our child will need
Asthma Attack	What do I do? Give Reliever (usu Other asthma med Steroid tablets (If you have these at h	a Attack Le	How much? Take 10 pu hours (calle Take as no Taketal once a day	offs events of the second seco	ery 3 to	4 Multi-d 4 hour If not, the and you steroid	Extra advice losing should last s. the asthma is get
Asthma Attack	What do I do? Give Reliever (usu Other asthma med Steroid tablets	a Attack Le	How much? Take 10 pu hours (calle Take as no Taketal once a day	offs events of the second seco	ery 3 to	4 Multi-d 4 hour If not, the and you steroid	Extra advice losing should last s. the asthma is get our child will need
Asthma Attack Level	What do I do? Give Reliever (usu Other asthma med Steroid tablets (If you have these at h As soon as you start You should start to	icines ome) giving stell	How much? Take 10 pu hours (calle Take as no Taketal once a day roids get an e	offs ever of multi- rmal. olets _ foremerge	ery 3 to days	4 Multi-d 4 hour If not, i and yo steroid ctor review.	Extra advictoring should last s. the asthma is geour child will need tablets.
Asthma Attack	What do I do? Give Reliever (usu Other asthma med Steroid tablets (If you have these at h As soon as you start You should start to immediate appoints	icines ome) giving steel feel better nent with y	How much? Take 10 pu hours (calle Take as no Taketal once a day roids get an e	offs every ded multi- rmal. polets _ for _ emerge	ery 3 to ti-dosing days ency do	Multi-d 4 hour If not, and yo steroid ctor review.	Extra advides as the asthma is gour child will need tablets.
Asthma Attack Level	What do I do? Give Reliever (usu Other asthma med Steroid tablets (If you have these at h As soon as you start You should start to	icines ome) giving steel feel better nent with y	How much? Take 10 pu hours (calle Take as no Taketal once a day roids get an e	offs every ded multi- rmal. polets _ for _ emerge	ery 3 to ti-dosing days ency do	Multi-d 4 hour If not, and yo steroid ctor review.	Extra adviction and the state of the second that is generally and
Asthma Attack Level	What do I do? Give Reliever (usu Other asthma med Steroid tablets (If you have these at h As soon as you start You should start to immediate appointing to your nearest h What do I do?	icines ome) giving sternent with yospital A&I	How much? Take 10 pu hours (calle Take as no Taketal once a day roids get an e	offs every ded multi- rmal. polets _ for _ emerge	ery 3 to ti-dosing days ency do	Multi-d 4 hour If not, and yo steroid ctor review.	Extra adviction and the state of the set of
Asthma Attack Level Peak flow: (50-75% of best) Emergency Distressed, gasping	What do I do? Give Reliever (usu Other asthma med Steroid tablets (If you have these at h As soon as you start You should start to immediate appointing to your nearest h What do I do? Dial 999 for an amb	icines ome) giving sternent with yospital A&I	How much? Take 10 pu hours (calle Take as no Taketal once a day roids get an e	offs every dead multi- rmal. polets _ for _ emerger need u	ery 3 to ti-dosing days ency do	Multi-d 4 hour If not, and yo steroid ctor review.	Extra advice dosing should lass s. the asthma is get bur child will need tablets.
Asthma Attack Level Peak flow: (50-75% of best) Emergency Distressed, gasping for breath, finding it	What do I do? Give Reliever (usu Other asthma med Steroid tablets (If you have these at h As soon as you start You should start to immediate appointing to your nearest h What do I do? Dial 999 for an amb While you are wait - Stay calm. Keep s	icines ome) giving sternent with yospital A&I	How much? Take 10 pu hours (called Take as no Taketal once a day roids get an extension. If not, you recour GP, (Tel: E department	ffs eveed multi- mal. colets _ for emerger need u _ t/or ca	ery 3 to ti-dosing days ency do	Multi-day hour finot, and yo steroid ctor review. edical attention of the steroid ctor review.	Extra advice dosing should last s. the asthma is get bur child will need tablets.
Asthma Attack 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 (usu Other asthma med Steroid tablets (If you have these at h As soon as you start You should start to immediate appointing to your nearest h What do I do? Dial 999 for an amb While you are wait - Stay calm. Keep s - Take 10 puffs of y	icines ome) giving sternent with yospital A&I	How much? Take 10 pu hours (called Take as no Taketal once a day roids get an extension. If not, you recour GP, (Tel: E department	ffs eveed multi- mal. colets _ for emerger need u _ t/or ca	ery 3 to ti-dosing days ency do	Multi-day hour finot, and yo steroid ctor review. edical attention of the steroid ctor review.	Extra advice dosing should last s. the asthma is get our child will need tablets.
Asthma Attack Level Peak flow: (50-75% of best)	What do I do? Give Reliever (usu Other asthma med Steroid tablets (If you have these at h As soon as you start You should start to immediate appointing to your nearest h What do I do? Dial 999 for an amb While you are wait - Stay calm. Keep s	icines ome) giving sternent with yospital A&I oulance. ting for the itting up stour relieve	How much? Take 10 pu hours (calle Take as no Taketal once a day roids get an e t. If not, you r our GP, (Tel: E department	offs every ded multi-rmal. colets _ for _ emerge electron car to car (1	contace ery 3 to ti-dosing daysency do rgent m III NHS2	Multi-day hour front, f	Extra advice dosing should lass s. the asthma is get our child will need tablets.