

## My asthma is good



I have no cough or wheeze. I can exercise as usual and am sleeping well.

I rarely need my inhaler and don't use it more than twice a week.

## My asthma is not good



I am breathless, I'm coughing, especially at night, I have difficulty sleeping (because of my asthma) or I need my inhaler more than twice a week.

**When my asthma is not good:**

- Take 1 puff as needed, I can take up to \_\_\_\_ puffs in 24 hours.
- Seek medical advice if I need more than 8 puffs in 24 hours, even if I'm feeling better.

**Contact your GP for a review.**

## I am having an asthma attack



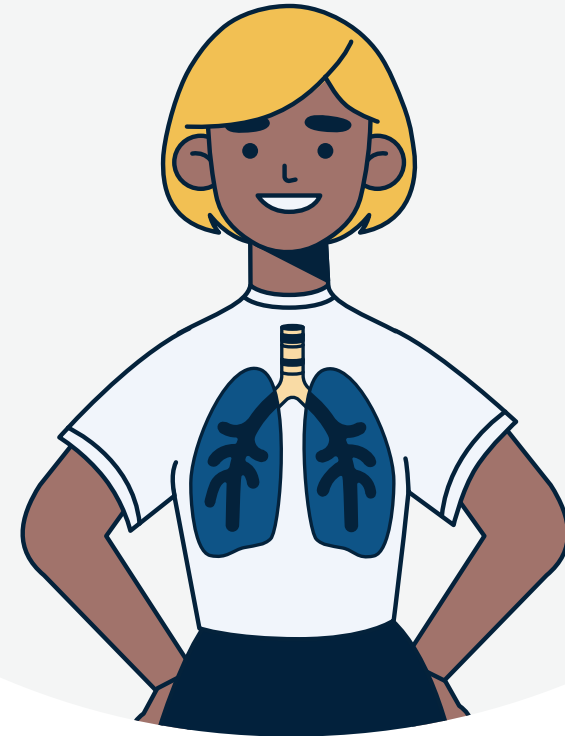
**My inhaler is not helping**, or I need to use it again within 4 hours. I am struggling to breathe, have excessive coughing, a tight chest, I'm wheezy and unable to speak in full sentences.

- Sit upright and keep calm.
- Loosen tight clothing.
- Take 1 puff → Wait 1-3 minutes → No improvement → Repeat up to a maximum of 6 puffs.

If I am no better, seek emergency medical advice – **CALL 999**. Whilst waiting for medical assistance, repeat the steps above.

**Even if I feel better, I should contact my doctor or nurse within 48 hours of an asthma attack.**

# My AIR Asthma Action Plan



First name:

Surname:

Surgery:

Nurse/doctor name:

Date completed:

 /  / 

AIR inhaler type:

Emergency contacts:

Asthma Helpline:

In emergency: CALL 999



# ASTHMA

**Asthma** is a chronic inflammatory disease of the airways. The airways become sensitive and react to triggers (see asthma triggers).

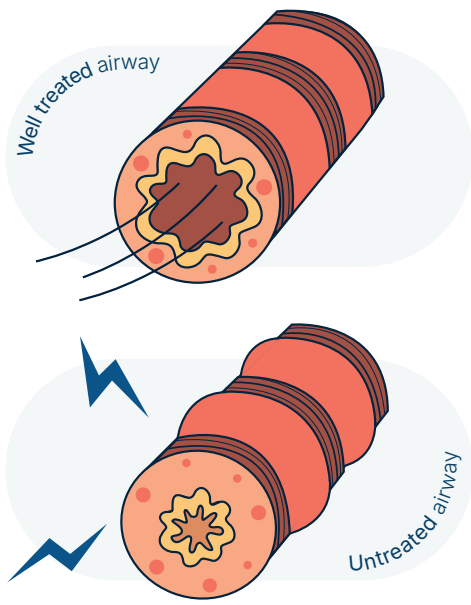
**Symptoms** include wheezing, breathlessness, chest tightness, and coughing.

**Treat** asthma using a single inhaler to reduce inflammation and open the airways.

**Have a personalised asthma action plan**

**Management** involves avoiding triggers where possible and taking an inhaler as prescribed.

**Asthma** control is good when I have no symptoms.



## What is AIR?



AIR stands for Anti-Inflammatory Reliever. It's a simple way to manage asthma with one inhaler which contains:

- a fast-acting reliever to open airways\*, and
- a steroid to reduce inflammation\*.

An AIR inhaler only needs taking when someone has asthma symptoms — not every day. It's convenient, easy to use and helps prevent asthma from getting worse.

**\*Only Budesonide/Formoterol is licensed for AIR at the correct strength.**



## When and how to use AIR therapy

If I am newly diagnosed with asthma, I have symptoms less than three times a week and/or I am not waking up at night because of my asthma, I may be started on AIR therapy.

If I need my AIR inhaler more than twice a week and/or my asthma is waking me at night, I should discuss with a healthcare professional whether I may need to step up to a daily maintenance and reliever therapy (MART) instead. This will provide daily protection as well as relief.

I should talk to my healthcare provider if I need to use my inhaler more often than usual.



<div><b>Asthma Triggers</b></div> <div>Asthma triggers are things that can cause asthma symptoms or attacks. Tick the boxes to highlight your triggers.</div>	<div>Strong smells<input type="checkbox"/></div> <div></div>	<div>Smoke<input type="checkbox"/></div> <div></div>
<div>Strong emotions and stress<input type="checkbox"/></div> <div></div>	<div>Furry pets<input type="checkbox"/></div> <div></div>	<div>Colds and viruses<input type="checkbox"/></div> <div></div>
<div>Exercise<input type="checkbox"/></div> <div></div>	<div>Cockroaches<input type="checkbox"/></div> <div></div>	<div>Pollen<input type="checkbox"/></div> <div></div>
<div>Changes in the weather<input type="checkbox"/></div> <div></div>	<div>Cold air<input type="checkbox"/></div> <div></div>	<div>Mould and mildew<input type="checkbox"/></div> <div></div>
<div>Food allergies<input type="checkbox"/></div> <div></div>	<div>Dusts and dust mites<input type="checkbox"/></div> <div></div>	<div>Other<input type="checkbox"/></div> <div><div></div></div>

