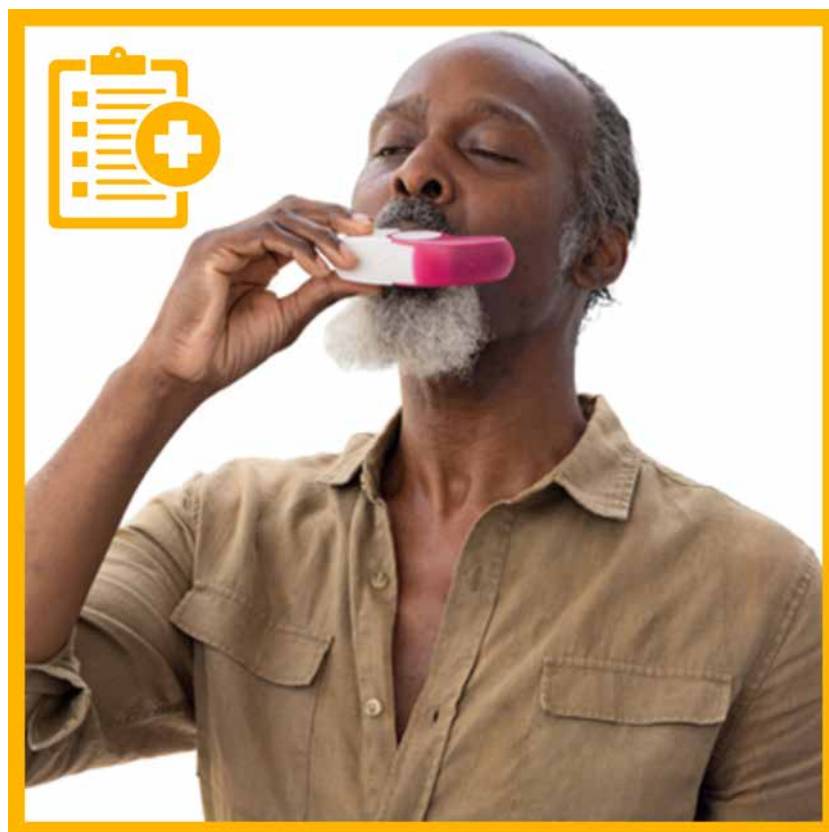


# Asthma action plan



This is our Easy Read asthma action plan.  
Fill in this plan with your doctor or nurse.

# Who we are



We are Asthma + Lung UK.



We are a charity that helps people with lung conditions.

Condition is another word for illness or health problem.



Your lungs are inside your chest.

They help you breathe.



We support people to understand asthma and stay well.

# About me



**My name:**



**Today's date:**



**Where I go to the doctors:**



**My doctor's phone number:**



Call NHS 111 when your doctors  
is closed.

# Things that make my asthma worse



Asthma triggers are things that make my asthma worse.



I will try to stay away from my asthma triggers.

**My asthma triggers are:**



# My daily medicine



I am managing my asthma well when I use my daily inhaler and have no signs of asthma.



My daily inhaler gives me medicine that keeps my lungs working well.



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



**Colour of my daily inhaler**



**Puffs I take in the morning**



**Puffs I take at night**



**Do I need a spacer?**

# My reliever medicine



Your doctor or nurse will give you a reliever inhaler as well as your daily inhaler.



A reliever inhaler gives you medicine to quickly help you breathe better.



I only need to take my reliever inhaler when I notice signs of my asthma. For example, coughing or a tight chest.



Colour of my reliever inhaler



I can take up to  puffs of my reliever inhaler every 4 hours



Do I need a spacer?

# When I feel worse



If my asthma gets worse, I will contact my doctor, nurse or other health worker as soon as possible.



This is because I might be in danger of an asthma attack.

**Advice from my doctor or nurse about what to do if my asthma gets worse:**



# I am having an asthma attack if:



- It is hard for me to walk, talk or breathe.



- I am coughing or wheezing a lot.  
Wheezing is when my chest makes noises, for example whistling.



- I have a very tight chest.



- My reliever inhaler is not helping.



- I need to take my reliever inhaler more than every 4 hours.

# What to do in an asthma attack



Call **999** straight away if you do not have your reliever inhaler.



## Step 1

Sit up and try to stay calm.



## Step 2

Take 1 puff of your reliever inhaler every 30 to 60 seconds.



Do not take more than 10 puffs.



### Step 3

Call **999** for an ambulance if:

- you are not better after 10 puffs
- or you feel worse.



### Step 4

If the ambulance has not come after 10 minutes and you do not feel better, do step 2 again.



### Step 5

Call **999** again if:

- you have done step 2 again and do not feel better
- the ambulance has not come.

# My asthma review



I need at least 1 asthma review a year.  
This is to check my asthma.



I can ask my doctor or nurse  
for more reviews if I need to.



I should see my doctor or nurse if I have  
an asthma attack.  
This will help stop me having another  
asthma attack.



**My next asthma review is on:**

# How Asthma + Lung UK can help you



You can talk to our friendly team of asthma nurses.



You can talk to our nurse team by:

- phone 0300 222 5800
- email [helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk)



We are open Monday to Friday

- 9am to 1pm
- 2pm to 5pm.



You can read more Easy Read booklets about asthma on our website

[www.asthmaandlung.org.uk/easy-read](http://www.asthmaandlung.org.uk/easy-read)



Thank you to our checking groups for your feedback and expert advice.

**Version 1.**

Last reviewed January 2026.

Next review due January 2029.



Asthma + Lung UK is a charitable company limited by guarantee with company registration 01863614, with registered charity number 326730 in England and Wales, SC038415 in Scotland, and 1177 in the Isle of Man.