

## Under fives – personal asthma action plan

Keep this plan with you and take it every time your child sees their doctor or asthma nurse. Do not be afraid to ask for help.

Child's name

Parent/carers

Contact number

Doctor or nurse

Contact number

Consultant

Hospital number

Drug allergies

Date plan updated

### About your child's personal asthma action plan

This plan is for parents of children with asthma under five years old. Your child's doctor or asthma nurse will fill it in and explain the different medicines your child should take to control their asthma.

It will also show you how to recognise when your child's asthma is getting worse and what to do about it. Asthma symptoms include one or any combination of the following: coughing, wheezing, shortness of breath and tightness in the chest.

By taking steps early, asthma attacks can usually be prevented.

## Zone 1

### Your child's asthma is under control if:

- they have very few or no asthma symptoms during the day or night (wheezing, coughing, shortness of breath, tightness in the chest)
- they can do all their normal activities without asthma symptoms.

### Action

Continue your child's usual asthma medicines.

Preventer medicine should be taken every day, even if your child is feeling well. Your child's preventer medicine is:

Name and strength

Dose and time

Notes

Reliever medicine should be used if your child has asthma symptoms or as directed by your child's doctor or asthma nurse. Your child's reliever medicine is:

Name and strength

Dose and time

Notes

**If your child is always in Zone 1, it may be possible to reduce (step down) their medicine. Do not do this without talking to your child's doctor or asthma nurse first.**

## Zone 2

**Your child's asthma is getting worse if any of the following happen:**

- they need to use their reliever inhaler more than once a day
- they have had asthma symptoms for the last few days
- they have a cold
- they have been waking with asthma symptoms for the last few nights.

### Action

Increase your child's preventer inhaler to:

Name and strength

Dose and time

Notes

- Give your child their reliever inhaler as needed, or as directed by their doctor or asthma nurse
- Make an appointment for your child to see their doctor or asthma nurse in the next few days

Take any additional medicine, as directed by your doctor:

Name and strength

Dose and time

Notes

**If your child is often in Zone 2, let their doctor or asthma nurse know at their next asthma review. Their usual medicines may need to be increased or changed.**

## Zone 3

**Your child's asthma is much more severe if any of the following happen:**

- they need their reliever inhaler every 3–4 hours
- they have asthma symptoms all the time
- they are unable to do their normal activities
- they are waking each night with asthma symptoms.

### Action

#### Contact your doctor straight away

Give your child their reliever inhaler up to a maximum dose of:

- Continue to give your child their preventer inhaler
- Start steroid tablets as prescribed

Give  prednisolone 5mg tablets all together in the morning for  days or until completely recovered.

If no improvement after three days or symptoms are getting worse, see your doctor or asthma nurse.

**If your child is often in Zone 3, contact their doctor or asthma nurse for an asthma review.  
Their usual medicines may need to be increased or changed.**

## Zone 4

**Your child is having an asthma emergency if any of the following happen:**

- their reliever inhaler does not help or lasts less than three hours
- they are very distressed by their asthma symptoms
- they are too breathless to talk, eat or drink
- their lips are blue.

### Action

#### Get help immediately

Call 999 or a doctor urgently

Give one puff of their reliever inhaler (ideally through a spacer) every minute until help arrives

Give steroid tablets, if directed to do so by your doctor.

### Updating your child's personal asthma action plan

Your child's asthma symptoms may change over time, so the plan may need to change accordingly. You should make an appointment for them to have their asthma reviewed by a doctor or asthma nurse every 6–12 months.



Asthma UK is dedicated to improving the health and well-being of the 5.2 million people in the UK with asthma.

#### Asthma UK Adviceline

Ask an asthma nurse specialist

08457 01 02 03  
[asthma.org.uk/adviceline](http://asthma.org.uk/adviceline)

#### Asthma UK publications

Request materials offering independent, specialist information on every aspect of asthma

020 7786 5000  
[info@asthma.org.uk](mailto:info@asthma.org.uk)

#### Asthma UK website

Read the latest independent advice and news on asthma  
[asthma.org.uk](http://asthma.org.uk)

#### Asthma UK membership

Become a member of Asthma UK and receive *Asthma Magazine* four times a year

020 7786 5000  
[membership@asthma.org.uk](mailto:membership@asthma.org.uk)

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