

# Advice For Future Attacks Of Asthma

No symptoms  
No cough at night  
No-cough with exercise  
No-“tummy” breathing

RELIEVER INHALER- BLUE (Salbutamol 100mcgs)

- Take **2-6 puffs ONLY if needed**, no more than every **four hours**.
- If your child needs to use their inhaler more than 3-4 times per week, you should contact your GP/Practice Nurse.

PREVENTER INHALER/MEDICATION: Give every day as prescribed by your GP.

Symptoms returning, getting a cold, or waking at night with asthma

TAKE REGULAR RELIEVER

- Give up to **6 puffs** every **four hours**.
- If your child remains well then he/she can stay at home. See your GP if your child is **NOT** getting better.

PREVENTER INHALER/MEDICATION: Give every day as prescribed by your GP.

Getting worse or cough/breathless within 4 hours of inhaler

GIVE 6 PUFFS OF RELIEVER

- Go to your GP/Urgent Care Centre or Accident and Emergency Department **immediately**.

Emergency

- Too breathless to talk or feed
- Pale or grey
- Rapid breathing rate

GIVE 10 PUFFS RELIEVER

- Call **999 ambulance** and repeat reliever **1 puff via spacer every 30 seconds until ambulance arrives**.