**Well Controlled Asthma Plan**

The questionnaire you recently completed about your Asthma shows that your symptoms are well controlled and you do not require any further review at present.

However, asthma control can change overtime and if you have any increase in symptoms for instance an increased need for your rescue inhaler, night waking or increased shortness of breath, please make an appointment for a review.

**What to do in an Asthma attack**

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| 1 | Sit up straight- try to keep calm |
| 2 | Take one puff of your reliever inhaler (usually blue) every 30-60 seconds up to 10 puffs |
| 3 | If you feel worse at any point OR you don’t feel better after 10 puffs **call 999 for an ambulance.** |
| 4 | If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2. |
| 5 | If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately.** |