If you use a metered dose inhaler (MDI), a spacer will help to get the right dose of medicine into your lungs. Your doctor can give you a spacer for free. Remember not to share your spacer with anyone else, and ask for a new one every year.

1. Hold the inhaler upright and give it a good shake
2. Fit the inhaler into the opening at the end of the spacer
3. Seal the lips firmly around the mouth piece - press the inhaler once only
4. Take 6 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths
5. Remove the spacer from your mouth. Repeat steps 1-4 for further doses

- Younger children will need your help to follow these steps
- Children under the age of four can use a mask with the spacer
Well

When I’m well:
• I have no cough
• I play just like other children
• I use my reliever puffer less than 2 times a week

My puffers are:
Preventer: I take this every day even when I’m well.
The name of my preventer is ___________________________ The colour is ___________________________
I take _____ puffs in the morning and _____ puffs at night through a spacer.

Reliever: I take this only when I need it
The name of my reliever is ___________________________ The colour is ___________________________
I take _____ puffs through a spacer when I wheeze, cough or when it’s hard to breathe.

If I find it hard to breathe when I exercise I should: Take _____ puffs of my reliever

Worse

When my asthma is getting worse:
• I cough or wheeze and it’s hard to breathe, or
• I’m waking at night because of my asthma, or
• I cough or wheeze when I play, or
• I need my reliever inhaler to control my asthma more than 2 times per week

If my asthma gets worse I should:
Keep taking my preventer every day as normal and take _____ puffs of my reliever every 4 hours
If I’m not getting better doing this I should see my doctor today

Contact:

Worried

My asthma is a worry when:
• My reliever isn’t helping, or
• I’m finding it hard to breathe, or
• I’m breathing hard and fast, or
• I’m sucking in around my ribs/throat, try looking under my shirt
• I’m looking pale or blue

• Sit me down and try to stay calm
• Give me 6 puffs of reliever through a spacer, taking 6 breaths for each puff
• If I don’t start to improve I need help now

Emergency

DIAL 111 and ask for an ambulance
WHILE YOU’RE WAITING:
• Try to stay calm and keep me sitting upright
• Give 6 puffs of reliever through a spacer every 6 minutes with 6 breaths for each puff until help arrives

Date Prepared: __________________ Doctors Signature: ___________________________ Plan to be reviewed when treatment changed