# Use your peak flow diary to stay confident with your asthma



Noting your peak flow scores every day shows you ✓ if your asthma's worse and when you need to take action ✓ when your medicines are keeping your airways open



Any asthma questions? Visit any time **www.asthma.org.uk**  Call our friendly expert nurses Mon-Fri; 9am – 5pm **0300 222 5800** 

# Welcome!

Your GP or asthma nurse might have recommended using a peak flow meter and recording your scores in a peak flow diary. Here we explain how it can be helpful and how to do it.

Peak flow is just one of a number of ways you can keep an eye on how well you are. Your symptoms and how you feel will always be important, too.

Whether you're recording your peak flow scores every day, or for a set period of time as advised by your GP or asthma nurse, you'll get the most out of your peak flow diary if you use it alongside a written asthma action plan. Your asthma action plan will tell you what to do when you notice symptoms, or if your peak flow drops below a certain score.

If you have any questions about peak flow, how to use your peak flow meter, or how to fill in your diary, you can call our Helpline nurses on 0300 222 5800.

## About you and your peak flow

Name:

GP or asthma nurse contact number:

My best peak flow (when I am well) is:

When my peak flow drops below I need to talk to my GP or asthma nurse or follow the agreed steps in my asthma action plan

#### My daily peak flow plan

In the morning I'm going to take my peak flow:

eg. after breakfast/before getting dressed in the morning

In the evening I'm going to take my peak flow:

eg. before I sit down for the evening/ when I'm getting ready for bed

# What is peak flow?

Peak flow is a measurement of how quickly you can blow air out of your lungs:

- If your airways are tight and inflamed you won't be able to blow out so quickly and your score will be low
- If you manage to blow out quickly and forcefully you should get a high score. This tells you that your airways are open and working well.

It's a good idea to check your peak flow throughout the year even when you're well. This means you can monitor seasonal changes in your airways and identify any triggers such as cold weather or pollen.

says Asthma UK's Head of Helpline

### TOP TIPS

#### Here's why some of our Facebook followers find checking their peak flow useful:

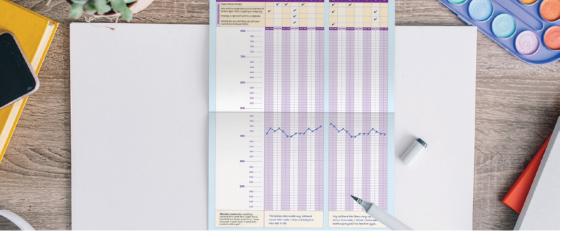
66 I totally recommend doing peak flow. It helps me track when I'm getting worse so I know when I need to go to the doctor. 99 Rachael Dalmon

66 I use a peak flow diary and record any symptoms I have and what I've been doing. This helps to build a whole picture and give the consultant and myself extra information to help control my asthma. 99 Michelle Benjamin

66 I definitely recommend using peak flow in conjunction with an asthma plan. It's a very good indicator when to take the next course of action and to nip things in the bud, especially if you have difficult asthma. Sam Murphy



You can get a peak flow meter from your GP, asthma nurse or pharmacy.



# How will peak flow help me?

Measuring peak flow can be a reassuring way for you to keep an eye on your asthma. Some of us find it hard to admit that we're not feeling well, and it can be easy to miss symptoms sometimes. A low peak flow score can help you spot when your asthma's getting worse.

Recording your peak flow can also help you feel positive about your asthma – a good score shows how much of a difference you can make to your airways by sticking to your asthma medicines every day.

You can take your peak flow diary along to your asthma review, and any other asthma appointments, to show your GP, asthma nurse or consultant how your asthma's been.

### Use your peak flow diary to:

- help you feel confident that your medicines routine is really helping – it's especially useful if you've changed to a new medicine or a different dose
- ✓ get an early warning of when your airways are struggling, even when

you might be feeling OK, so you can take quick action to avoid an asthma attack

- help you keep a close eye on your asthma after an asthma attack
- ✓ get a better idea of what's going on in your lungs so you can explain your asthma to friends, family and your GP
- identify triggers or allergies that could be making your asthma worse.

#### TOP TIPS

66 I've not been very good at admitting to myself when I'm unwell so my GP made peak flow part of my asthma plan. 99 Grainne Timlin

66 I tend to use mine just when I know I'm coming down with a cold or have a chest infection. Usually I have a big drop in peak flow at this time. The peak flow meter is handy just to keep an eye on things. Keep it next to your preventer inhaler for ease of use. 99 Kerry Davies

Swap tips at www.facebook.com/ AsthmaUK

# **Know your scores**

Peak flow scores vary depending on your age, your height and whether you're a man or a woman. Peak flow scores also vary at different times of the day: it's normal for your peak flow score to be lower in the morning because peak flow falls overnight.

Keeping a diary of your own individual peak flow scores over time helps you and your GP know what score to expect when you're well and what scores suggest your asthma's getting worse.

#### What does your best score tell you?

The score that's usual for you when you're well is sometimes called your 'best' score. Knowing your best peak flow score helps you know what 'good' looks like so you can feel confident that you're managing your asthma well. If you're using your medicines as prescribed and following your action plan, you should stay quite close to your personal best peak flow score most of the time.

## What does it mean when your score is lower than usual?

There will be times when you get lower than your usual score. A lower than usual score lets you know when your asthma's not doing so well. Talk to your GP or asthma nurse about what low score you need to watch out for. When you get this score you need to take action. Either see your GP or asthma nurse or follow the steps you've agreed in your written asthma action plan.

### You need to check your peak flow:

- every day, twice a day to get a useful pattern of scores
- ✓ at the same times of day, in the morning and in the evening
- before you take your asthma medicine otherwise it will change the score
- using your best effort each time you blow into the meter so you're comparing like with like
- ✓ using the same peak flow meter each time.

If you're worried about how you're feeling don't wait for a lower than usual peak flow score before you seek help.

says Asthma UK's Head of Helpline

# **Getting started**

When you first get a peak flow meter ask your GP, asthma nurse or pharmacist to show you how to use it and how to take a reading. When you blow into your peak flow meter, do it three times and take a note of the score each time. All three results should be roughly the same, but it's the highest score that you need to write on the peak flow chart.

### How to use your peak flow meter

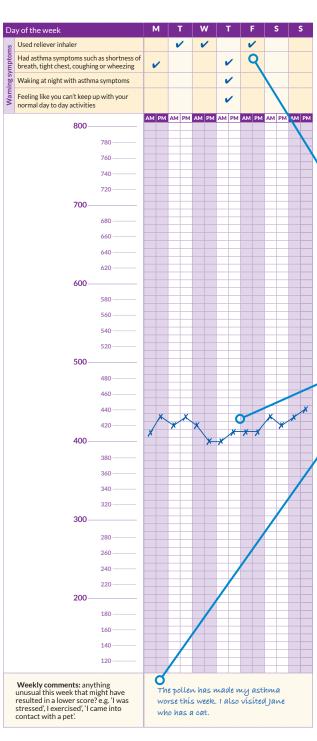
- 1 Put the pointer back to the first line on the scale this is usually 60
- **2** Stand, or sit upright (choose what's easiest for you and always do it that way)
- 3 Take a deep breath
- 4 Make sure your mouth makes a tight seal around the mouthpiece
- **5** Blow as hard and fast as you can into the meter
- **6** Write down your score (the number next to the pointer)
- **7** Do this 3 times in a row so you get 3 scores and use the highest of these scores to fill in your diary.

### Tips to help you keep going

- Get a good routine tell yourself exactly when you're going to take your peak flow and write it down eg. 'I'm going to do my peak flow before I leave the house in the morning and before I go to bed at night.'
- Don't worry if you forget one day – just pick it up again the next day to get a useful pattern of scores.
- Keep your peak flow meter with your preventer inhaler to make life easy – and keep your peak flow diary and pen with them too.
- Don't forget to record your symptoms alongside your peak flow and jot down what you've been doing that week. If you have symptoms but your peak flow hasn't changed you still need to speak to your GP or asthma nurse.

With a bit of practice taking peak flow gets easier for most people. If you're finding it difficult, or if you feel breathless or tight-chested afterwards, speak to your GP or asthma nurse, or call our Helpline for advice.





### How to record your peak flow

## There are three sections to fill in:

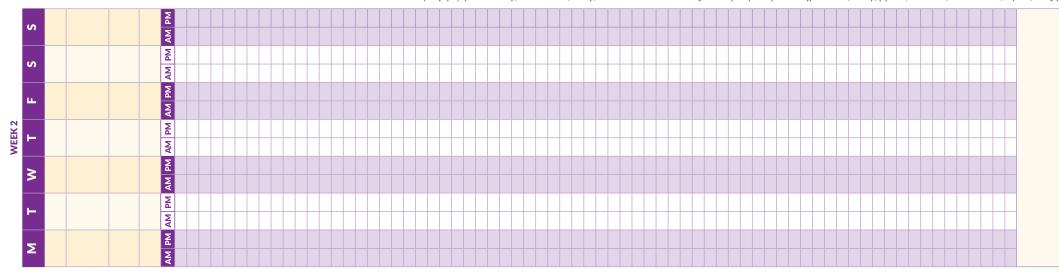
If you experience any of these warning symptoms put a tick in the box for that day. If you have at least one tick a day three times a week or more, **or** if you've woken up at night with asthma symptoms even just once in the week, see your GP or asthma nurse.

**2**Twice a day record your peak flow score with a cross on the chart.

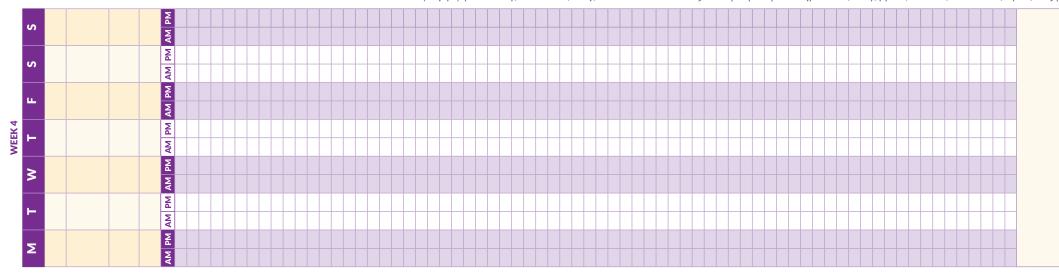
3 Use this section to note down anything unusual or different that may be the reason for a lower than usual peak flow score in a week – eg. 'I was stressed'; 'I exercised on Tuesday'; 'I came into contact with a pet.'

Start recording your peak flow now

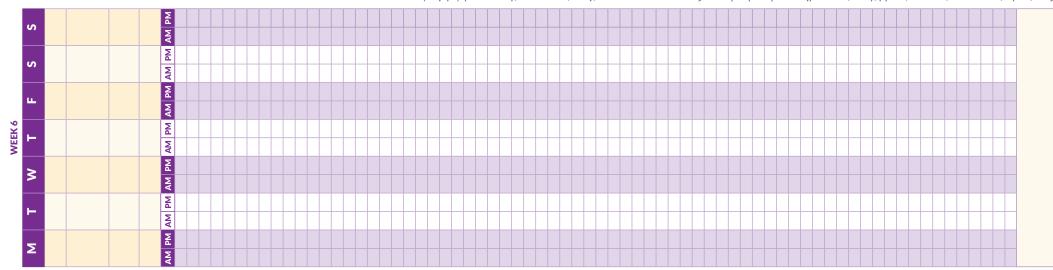
Used release informations       Image in the set in the se		Underted reflex       Image: solutions solutite solutit	b     b     b     b     b     b     c <th>Ised reliever inhaler         Iad asthma symptoms such as shortness of reath, tight chest, coughing or wheezing         Vaking at night with asthma symptoms         Vaking at night with asthma symptoms         eeling like you can't keep up with your         000         780         680         640         540         540         540         540         540         540         540         540         540         540         520         520         520         520</th>	Ised reliever inhaler         Iad asthma symptoms such as shortness of reath, tight chest, coughing or wheezing         Vaking at night with asthma symptoms         Vaking at night with asthma symptoms         eeling like you can't keep up with your         000         780         680         640         540         540         540         540         540         540         540         540         540         540         520         520         520         520
Head where any owner such as shortness of Maintain the stratme symptoms and has shortness of Adding the stratme symptoms of a shortness of Adding the spontant symptoms of a shortness of a shortness o	Bed a betwees of the diversity of the solution sectors         C <thc< th="">         C         <thc< th=""></thc<></thc<>	Heid arthma symptoms such as shortness of busing article test, coupling or wheeking been digit out article services been digit out article test, coupling or wheeking been digit out article test, coupling or wheeking coupling or wheeking coupling or wheeking digit out article test, coupling or wheeking coupling or wheeking digit out article test, coupling or wheeking coupling or wheeking digit out article test, coupling or wheeking coupling or wheeking digit out article test, coupling digit out article t	Image: Sector	Iad asthma symptoms such as shortness of reath, tight chest, coughing or wheezing         Vaking at night with asthma symptoms         eeling like you can't keep up with your         ROO         760         740         760         680         680         640
Wedge at right with satina symptoms       Image at right with satina symptoms       Image at right with satina symptoms       Image at right with satina symptoms         Feeling like you can't keep u with your $300$	Wade are ight with sattine symbolins         Make are ight with sum asymbolins         Make are ight with sum asymbolins         Make are ight with sum asymbolins         Make are ight with sum asympolins         Make are ight with sum asympoling         Make are ight with sum asympoli	Wellong ant right with a string sourt and the out with your       All for an indication of a string sourt and the out with your       All for an indication of a string sourt and the out and indication of a string sourt and sou	D     D     D       D     D     D       D     D     D       D     D     D       D     D     D       D     D     D       D     D     D       D     D     D       D     D     D       D     D     D       D     D     D       D     D     D	Vaking at night with asthma symptoms eeling like you can't keep up with your ormal day-to-day activities 800
Federing like yout anti keep up with yout         Am M M M M M M M M M M M M M M M M M M M	Federing intervout         Antion	Fedling like yout with your         AM (A)         AM (A) <td>b     b     b       b     b     b       c     c     c  </td> <td>eeling like you can't keep up with your 800 800 780 740 740 740 680 680 680 640 640 640 640 640 640 720 580 640 740 740 740 740 740 740 740 740 740 7</td>	b     b     b       b     b     b       c     c     c	eeling like you can't keep up with your 800 800 780 740 740 740 680 680 680 640 640 640 640 640 640 720 580 640 740 740 740 740 740 740 740 740 740 7
	AM         AM<	780     780 <td>PM     AM     PM     AM     PM       AM     PM     AM     PM       AM     PM     PM     PM</td> <td></td>	PM     AM     PM     AM     PM       AM     PM     AM     PM       AM     PM     PM     PM	
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	700       7			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	750       720       720         720       680       7       7         680       680       7       7         680       680       7       7         680       680       7       7         680       680       7       7       7         680       680       7       7       7         680       680       7       7       7         640       580       7       7       7         590       590       7       7       7         500       200       7       7       7         300       380       7       7       7         300       380       7       7       7         300       380       7       7       7         300       380       7       7       7         300       380       7       7       7         300       380       7       7       7         300       380       7       7       7         300       380       7       7       7         300       380       7       7			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	700     70     70     70       720     660     67     70       660     640     70     70       660     640     70     70       640     70     70     70       640     70     70     70       640     70     70     70       640     70     70     70       560     70     70     70       560     70     70     70       560     70     70     70       500     70     70     70       500     70     70     70       700     70     70     70       700     70     70     70       700     70     70     70       700     70     70     70       700     70     70     70       700     70     70     70       700     70     70     70       700     70     70     70       700     70     70     70       700     70     70     70       700     70     70     70       700     70     70       700     70     70			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	700     600     600     600       600     600     600     600       600     600     600     600       500     600     600     600       500     900     900     900       500     900     900     900       500     900     900     900       300     900     900     900       200     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     900     900     900       100     90     90 </td <td></td> <td></td> <td></td>			
	700     600     600     600       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       510     610     610     610       520     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610     610       610     610     610			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	60       60       60       60         60       60       60       60         60       60       60       60         60       50       60       60         50       60       60       60         50       60       60       60       60         50       60       60       60       60         50       60       60       60       60         50       60       60       60       60         50       60       60       60       60       60         50       60       60       60       60       60       60         60       60       60       60       60       60       60         50       60       60       60       60       60       60         40       40       60       60       60       60       60         30       30       60       60       60       60       60       60         30       30       60       60       60       60       60       60         30       30       60       60       60       6			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	60       60       60       60       60         50       50       60       60       60         50       60       60       60       60         50       60       60       60       60       60         50       60       60       60       60       60       60         50       60       60       60       60       60       60       60         50       60       60       60       60       60       60       60       60         50       60			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	60         80         9			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	60       50       50       50       50         50       50       50       50       50         50       9       9       9       9       9         50       9       9       9       9       9       9         50       9       9       9       9       9       9       9         50       9<			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	60       50 <td< td=""><td></td><td></td><td></td></td<>			
50     50     50     50       50     50     50     50       50     50     50     50       50     40     50     50       40     40     50     50       40     40     50     50       40     40     50     50       30     30     50     50       30     30     50     50       10     10     50     50       10     10     50     50       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10       10     10     10     10 <td>50       50       50       50         50       50       50       50         50       40       50       50         40       50       50       50         40       50       50       50       50         40       40       50       50       50       50         40       40       50       50       50       50       50         40       40       50</td> <td></td> <td></td> <td></td>	50       50       50       50         50       50       50       50         50       40       50       50         40       50       50       50         40       50       50       50       50         40       40       50       50       50       50         40       40       50       50       50       50       50         40       40       50			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	500       520       520       520         520       480       520       520         480       480       500       500         480       480       500       500         480       480       500       500       500         480       480       500       500       500       500         480       480       500       500       500       500       500         400       420       500       5			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	540       540       540       540         520       480       500       500         480       480       500       500         480       480       500       500         480       480       500       500       500         480       480       500       500       500       500         400       380       500       500       500       500       500         380       380       500       5			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	$ \begin{array}{cccccccccccccccccccccccccccccccccccc$			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	500       500       500       500         480       480       500       500       500         480       480       500       500       500       500         480       380       500       500       500       500       500         380       380       500       5			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	500     480     480     480       440     440     460     460       440     470     470     470       440     470     470     470       470     380     9     9       380     380     9     9       380     380     9     9       380     380     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9       380     9     9     9			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	40       9			480
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	460       410       4			460
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	410       4			440
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	420       4			420
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	400       380       9 <td></td> <td></td> <td></td>			
380     360     360       360     340     9       340     9     9       340     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       320     9     9       280     9     9       240     9     9       120     9     9       140     9     9       120     9     9       120     9     9       120     9     9       120     9     9       120     9     9       120     9     9       120     9     9       120     9     9	380       3			400
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	360       340       340       340       340       340       340         340       320       320       320       320       340       340       340         300       320       320       320       340       3			380
310       320         320       320         320       280         280       9         280       9         280       9         280       9         280       9         280       9         280       9         280       9         280       9         280       9         280       9         210       9         210       9         110       9	340       3			360
300     300     9	320       3			340
300     280     9     9     9     9     9       280     260     260     9     9     9     9       260     260     9     9     9     9     9       260     240     9     9     9     9     9       260     240     9     9     9     9     9       210     220     9     9     9     9     9       130     1     9     9     9     9     9       120     1     9     9     9     9     9	300       280       290       290       290       200       2			320
280       280       9 <td>280       280       280       280       260       2</td> <td></td> <td></td> <td></td>	280       280       280       280       260       2			
260	260       260       260       260         240       240       260       260         220       220       200       200         200       180       200       200       200         180       180       200       200       200       200         120       120       200       200       200       200       200         180       120       200       200       200       200       200       200         120       120       200       2			
260	260       240       240       240         240       220       220       200         220       180       180       190         180       160       190       100       100         120       140       140       110       110       110         120       120       120       110       110       110       110         Weekly comments: anything unusual this week that might have resulted in a lower score? eg. 'I was       110       110       110       110			280
240	240       2			260
220 220 200 180 180 160 160 160 160 160 160 160 16	220       200       2			240
200-         180         180         160         160         120         120	200       180       1 <td></td> <td></td> <td>220</td>			220
	180       180       180       180       160       1	180     180       160     1       140     1       120     1		200
	160       140       140       1 </td <td>160     1     1     1     1       140     1     1     1     1       120     1     1     1     1</td> <td></td> <td>180</td>	160     1     1     1     1       140     1     1     1     1       120     1     1     1     1		180
	140     140       120     120       120     120       In a lower score? eg. 'I was	140 140 140 140 140 140 140 140 140 140		160
	120 120 120 120 120 120 120 120 120 120	120		140
	Weekly comments: anything unusual this week that might have resulted in a lower score? eg. 'I was			120
	Weekly comments: anything unusual this week that might have resulted in a lower score? eg. 'I was			
	stressed', l exercised', 'l came into contact with a pet'.	stressed', l exercised', 'l came into contact with a pet'.		ressed', I exercised', 'I came into ontact with a pet'.



Underleader indec       Indec leader indec       Indec leader indec       Indec leader indec       Indec leader indec         Red r			
	Had asthma symptoms such as shortness of breath, ight chest, coughing or wheeking       A       A       A         Waking at night with hour       A       A       A       A         Feeling like you can't keep up with your       A       A       A       A         Stop       2       C		
	Waking at night with astima symptoms       Image: sy		
	Feding like your ant keep up with your       AM       AM <t< td=""><td></td><td></td></t<>		
280         M	AM     M </td <td></td> <td></td>		
		AM PM	AM PN
			_
	280     280       260     1       260     1       240     1       1     1       1     1		
	260 260		
	240 230		
160     160 <td></td> <td></td> <td></td>			
140     140 <td>160</td> <td></td> <td></td>	160		
	140		
	120		
			_
	stressed; l exercised; 'l came into contact with a pet.		



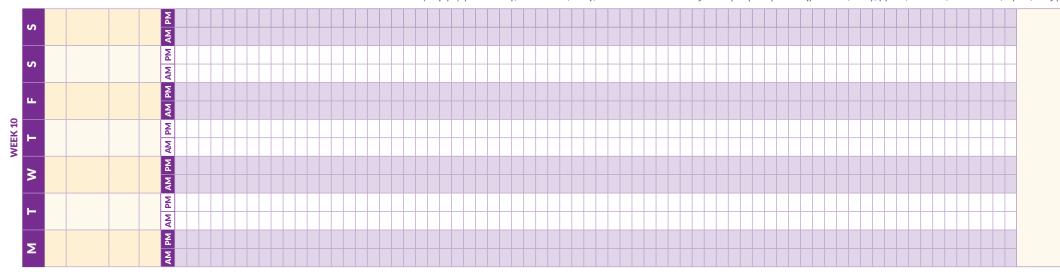
Day of the week								
Used reliever inhaler								
Had asthma symptoms such as shortness of breath, tight chest, coughing or wheezing	ch as shortness of ng or wheezing							
	ma symptoms							
Feeling like you can't keep up with your normal day-to-day activities								
800-		AM PM	AM PN	AM PM AM PM		AM PM AM PM	AM PM	AM PM
	780							
	760				_			
	740							
	720							
C C C	07							
-00/		_						_
	680							
	660							
	640							
	620							
-009								
	580							
	240							
	540				_			
	520							
-200								
	480							
	460							
	440							
	420							
400								
	380	_						
	360							
	340							
	320	_						
300-								
	280							
	260							
	240							
	220							
200-								
	180							
	140							
	100							
	140	_						
	120							
Weekly comments: any unusual this week that r	⁄thing night have							
resulted in a lower score? eg. 'I was stressed,'I exercised,'I came into contact with a net'	e? eg. 'l was came into							
CUILLALL WILL A PCL.								



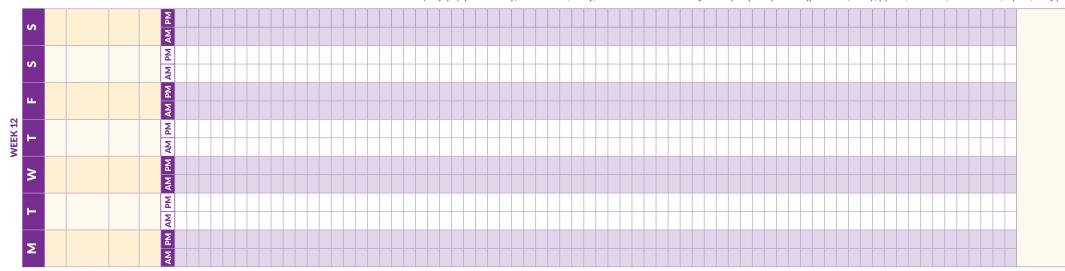
Interfact         Interfact <t< th=""><th>Day of the week</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></t<>	Day of the week									
	Used reliever inhaler									
	Had asthma symptoms such breath, tight chest, coughing	as shortness of g or wheezing								
	Waking at night with asthme	a symptoms								
	Feeling like you can't keep ul normal day-to-day activities	p with your								
780       780       780       780       780         740       720       60	800		AM PI	M AM	M A V	Ā	M	AM	M M	á
700       60       60       60         600       60       60       60         600       60       60       60         600       60       60       60         600       60       60       60         600       60       60       60         500       50       60       60       60         500       50       60       60       60       60         500       50       60       60       60       60       60         500       50       50       60 <t< td=""><td></td><td>780</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>		780								
700       60       60       60         600       60       60       60         600       60       60       60         500       50       60       60         500       50       60       60         500       50       60       60         500       50       60       60         500       50       60       60         500       50       60       60         500       50       60       60         500       50       60       60         500       50       60       60         500       50       60       60         500       50       60       60         500       50       60       60         500       50       60       60         300       30       60       60       60         30       20       20       20       60       60         100       10       10       10       10       10         100       10       10       10       10       10         100       10       10		760								
70     60     60     60       60     60     60     60       60     60     60     60       60     60     60     60       50     50     60     60       50     50     60     60       50     60     60     60       50     60     60     60       50     60     60     60       50     60     60     60       50     60     60     60       60     60     60     60       50     60     60     60       50     60     60     60       60     60     60     60       50     60     60     60       60     60     60     60       50     60     60     60       30     70     70     70       30     20     20     20     70       10     70     70     70       10     70     70     70       10     70     70     70       20     20     70     70       10     70     70     70       10     70     70 <td></td> <td>002</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		002								
700         66         66         66           660         60         60         60           660         60         60         60           660         60         60         60           600         60         60         60           600         60         60         60           600         60         60         60           500         50         60         60           500         40         60         60           400         40         60         60           300         30         60         60         60           200         20         60         60         60         60           400         60         60         60         60         60           300         20         60		720								
00     00     00       60     00     00       60     00     00       50     00     00       50     00     00       10     <	CCCF	24								
60       60       60       60         60       60       60       60         60       50       60       60         50       60       60       60         50       60       60       60         50       60       60       60         50       60       60       60       60         50       60       60       60       60         60       60       60       60       60         50       40       60       60       60         30       30       60       60       60       60         30       20       60       60       60       60       60         30       20       60 <td>00/</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	00/									
600       60       60       60         600       50       60       60         500       50       60       60         500       60       60       60         500       60       60       60         500       60       60       60       60         500       60       60       60       60       60         500       40       60       60       60       60       60         400       40       60		680						_		
60       60       60         50       50       60       60         50       50       60       60         50       60       60       60         50       60       60       60         50       60       60       60         50       40       60       60       60         40       40       60       60       60       60         30       30       30       60       60       60       60         200       30       20       60		660								
60       50       50       50         50       50       50       50         50       40       50       50         40       40       50       50         30       30       50       50       50         30       40       50       50       50       50         40       40       50       50       50       50       50         30       30       30       50		640								
60       50 <td< td=""><td></td><td>620</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>		620								
500       50       50       50       50         500       50       50       50       50         500       400       50       50       50         400       40       50       50       50         400       40       50       50       50       50         400       40       50       50       50       50         400       40       50       50       50       50       50         300       30       5	-009									
50       50       50         50       50       50         50       40       50         40       60       60         40       60       60         40       60       60       60         40       60       60       60         40       60       60       60       60         40       60       60       60       60       60         40       60       60       60       60       60       60         300       30       90 <td></td> <td>580</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		580								
50       50       50       50         50       480       60       60       60         480       480       60       60       60       60         480       40       60       60       60       60       60         480       40       60		072								
50       50       60       60         480       480       60       60       60         480       40       40       60       60       60         420       40       60       60       60       60       60         420       40       40       60										
50       48       48         48       48       48         46       48       48         46       48       48         46       48       48         46       48       48         46       48       48         46       48       48         46       48       48         40       49       49         40       49       49         38       38       49         38       38       49         30       38       49         30       38       49         30       28       49         28       28       49         29       28       49         20       28       49       49         210       28       49       49         200       28       49       49       49         210       28       49       49       49         210       28       49       49       49         210       29       29       49       49         210       29       29       49       49 <td></td> <td>540</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		540								
500     480     480       480     480     480       460     460     460       400     380     9       380     380     9       380     380     9       380     380     9       380     380     9       380     380     9       380     9     9       380     9     9       380     9     9       380     9     9       380     9     9       380     9     9       380     9     9       380     9     9       380     9     9       380     9     9       380     9     9       380     9     9       380     9     9       380     9     9       9     9     9       9     9     9       9     9     9       9     9     9       9     9     9       9     9     9       9     9     9       9     9     9       9     9     9       9     9		520						_		
480       480       480       480       490       4	500									
460       40       40       40         410       40       40       40         420       380       40       40         380       380       40       40         380       30       40       40       40         380       40       40       40       40         380       380       40       40       40       40         380       30       40       40       40       40       40         380       30       40       40       40       40       40       40         300       30       40       40       40       40       40       40       40         300       280       40       40       40       40       40       40       40         300       280       40		480								
40       40       40       40         40       38       40       40         380       38       40       40         380       38       40       40       40         380       38       40       40       40       40         380       38       38       40       40       40       40         380       38       38       40       40       40       40       40         380       38       38       40 </td <td></td> <td>460</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		460								
420       420       420       420       400       4		440								
400       380       380       9 </td <td></td> <td>420</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		420								
380       380       380         360       360       360         340       320       320         320       320       3	400									
380       380       380         340       320       340         320       320       320         320       320       3	2									
360		380						_		
340       320       320       320       320         320       320       280       9       9       9       9         300       280       280       9		360								
320       320       320         300       280       280         280       260       260         260       260       260         260       260       260         260       260       260         260       260       260         260       260       260         200       200       200         180       180       200         160       160       200         120       120       200         120       200       200         180       200       200         180       200       200         120       200       200         120       200       200         140       200       200         120       200       200         120       200       200         120       200       200       200         120       200       200       200       200         120       200       200       200       200       200         140       200       200       200       200       200         200       2		340								
300       280       280       280       280       280       280       280       280       280       280       280       280       260       260       260       260       260       260       260       260       260       260       260       260       270       200       2		320								
280       280       280       280       280       200       2	300									
260     260     260       240     240     240       240     210     200       220     200     200       180     180     200       180     160     200       120     120     200		COC								
260       240       240       240         240       220       220       200         220       200       200       200         200       180       200       200         180       140       200       200       200         120       120       200       200       200       200         140       200       200       200       200       200       200         120       120       200       200       200       200       200       200         140       200       2		007								
240       2		260								
220       220       200       2		240								
200       180       160       110       1		220								
180       180       180         160       160       160         140       140       170         120       120       120         120       120       1	200									
160       140       140         140       140       140         120       120       120         120       120       1		180								
140		160		_						
120 120 120 120 120 120 120 120 120 120		140								
Weekly comments: anything nusual this week that might have esulted in a lower score? eg. 1 was tressed; 1 exercised; 1 came into ontact with a pet.		120								
<b>Weekly comments:</b> anything nusual this week that might have esulted in a lower score? eg. 1 was tressed; 1 exercised; 1 came into ontact with a pet.										
tressed', l exercised', l came into ontact with a pet'.	<b>Neekly comments:</b> anytl Inusual this week that mi esulted in a lower score?	hing ght have 'eg.'l was								
	tressed', I exercised', 'I ca ontact with a pet'.	me into								

S	AM PM																	
	PM AV																	
S	AMP																	
L	Σ																	
	PM AM																	
F	AM														_			
2	Σ																	
	M AM																	
⊢	AM PM									_							+	
	δ																	
2	AM																	

Underlease risking     Image: Second s				
Head a fight over some solutions of the solution solution solution solution solution solutions of the solution solutity solutity solutity solution solution solution solution solution	Had asthma symptoms such as shortness of breath tight with asthma symptomsImage: constructionsImage: constructionsImage: constructionsWaking at night with asthma symptoms $M M M M M M M M M M M M M M M M M M M $			
Wedding at night with satina symptoms       Model at night with satina symptoms       Model at night with satina symptoms         Feeling like voit arithere unit hour $Reine like voit arithere unit hour       Reine like voit arithere       Reine like voit arithere$	Waking at night with asthma symptoms       M       M         Feling like you can't keep up with your       AM       AM         800       780       P       P         780       780       P       P       P         780       740       P       P       P       P         700       720       260       P       P       P       P         700       680       680       P			
Federing life yout anti keep up with yout         Am is the part of t	Feeling like you can't keep up with your       AMI M       AMI M         800       780       9       9       9         760       780       9       9       9       9         760       780       9       9       9       9       9         760       680       640       9       9       9       9       9         600       680       640       9			
280         M	780         AM         AM           780         1         1           760         1         1           740         1         1           740         1         1           740         1         1           720         1         1           720         1         1           680         1         1           640         1         1           620         1         1           640         1         1           640         1         1           620         1         1           640         1         1           640         1         1           640         1         1           640         1         1           640         1         1           640         1         1           740         1         1           740         1         1           740         1         1           740         1         1           740         1         1           740         1         1	AW     AW       AW	A A A A A A A A A A A A A A A A A A A	
	280 2260			
	260 260			
	240			
	220			
180     180       160     1       160     1       140     1       120     1	200			
	180			
	160 160			
	140 140			
	120			
	stressed; l exercised; 'l came into contact with a pet.			



Used reliever inhaler									
Had asthma symptoms such as shortness of breath, tight chest, coughing or wheezing	such as shortness of shing or wheezing								
	thma symptoms								
Feeling like you can't keep up with your normal day-to-day activities	ep up with your vities								
800		AM PM	AM	PM AM PM	M	AM PM AM PM	AM PM	AM PM	2
	780								
	760								
	740								
	720					_			
2002									
	000								
	640								
	620					_			
009	0								
	580								
	560								
	540								
	520								
500	0								
	480								
	460					_			
	440								
	007								
	440								
400									
	380								
	360								
	340					_			
	320								
300	0								
	280								
	260					-			
	Z40								
	220								
200	0								
	180								
	160								
	140					_			
	120								
	0.44								
Weekly comments: anything unusual this week that might have	anything at might have								
stressed', l exercised',	ore: eg. 1 was 'l came into								
collidet with a per.									



If your peak flow score drops much lower than usual you may be at risk of an asthma attack.

It can be reassuring to know how to spot the signs of an asthma attack and be clear about the steps you need to take.

# You're having an asthma attack if:

- Your reliever inhaler isn't helping or isn't lasting over four hours
- You're breathless or finding it hard to speak, eat or sleep
- Your symptoms are getting worse
- Your breathing is getting faster and you can't get your breath properly
- Children may complain of a tummy ache.

# What to do in an asthma attack:

- 1 Sit up straight don't lie down. Try to keep calm
- 2 Take one puff of your reliever inhaler every 30 to 60 seconds up to a maximum of 10 puffs
- **3 Call 999** if you feel worse at any point while using your inhaler, or if you don't feel any better after 10 puffs, or if you're worried

#### Ambulance taking longer than 15 minutes? Repeat step 2

**4** If you feel better: make an urgent same-day appointment with your GP or asthma nurse.

IMPORTANT! This asthma attack information is not designed for people on a SMART or MART medicine plan. If you are on a SMART or MART medicine plan, please speak to your GP or asthma nurse to get the correct asthma attack information.

## Visit our website

For information, tips and ideas on everything from inhalers to triggers: **www.asthma.org.uk** 

## 🕒 Call us

Asthma UK's friendly expert nurses can ease any worries or concerns about asthma. Just call **0300 222 5800** (9am – 5pm; Mon – Fri)

## 🗸 Sign up

Get more health advice and asthma news with Asthma UK email updates www.asthma.org.uk/sign-up

## 🕢 Follow us

Get the latest news and alerts and swap tips with other people:



HA1090216 © 2016 Asthma UK registered charity number in England and Wales 802364 and in Scotland SCO39322. Last reviewed and updated 2016; next review 2019.



