

My asthma inhalers

Every day – even if
I am feeling well

My preventer is the colour

I take:

☐ puffs in the morning ☀

☐ puffs at night 🌙

When I need to

My reliever is the colour

I take:

☐ puffs when my
asthma gets bad

My doctor's name is _____

My doctor's telephone number is _____

**This has been made by Asthma UK,
a charity that helps people with asthma.**

**If you are worried about your asthma
visit your doctor or call 0300 222 5800.**

www.asthma.org.uk

