

Modified

| ZONE 1 | ZONE 2 | ZONE 3 | ZONE 4 |
|--|--|--|---|
| Your asthma is under control if: <ul style="list-style-type: none"> You have no or minimal symptoms during the day and night (wheezing, coughing, shortness of breath or tightness in the chest) You can do all of your normal activities without asthma symptoms Your peak flow reading is normal or near normal for you: _____ | Your asthma is getting worse if you have ONE or MORE of the following: <ul style="list-style-type: none"> You need your reliever inhaler more than usual You have more difficulty sleeping because of your asthma Your peak flow is below _____ | Your asthma is much more severe if you have ONE or MORE of the following: <ul style="list-style-type: none"> You need to take your reliever inhaler every four hours or more often You are unable to manage your normal activities You have symptoms during the day or night Your peak flow reading is below _____ | It is an asthma emergency if any of the following happen: <ul style="list-style-type: none"> Your reliever inhaler (usually blue) does not help. One or more of your symptoms get worse (wheezing, coughing, shortness of breath or tightness in the chest) You are too breathless to speak Your peak flow reading is below _____ |
| <p style="text-align: center;">Action</p> Take your preventer inhaler every day, even when you are feeling well. Your preventer inhaler is: _____ Take your reliever inhaler if you have symptoms. Your reliever inhaler is: _____ | <p style="text-align: center;">Action</p> Use your reliever inhaler to relieve your symptoms and increase your preventer medication as described below: Write the plan here: <div style="border: 1px solid black; height: 50px; width: 100%;"></div> Once your symptoms or peak flow have returned to normal or after a maximum of 14 days return to your normal treatment. If your symptoms get worse follow Zone 3 instructions | <p style="text-align: center;">Action</p> Continue taking your medicine as shown in Zone 2. Continue to take your reliever medicine when needed. If you have been prescribed steroid tablets, start taking them and let your doctor or asthma nurse know within 24 hours If you have not been prescribed steroid tablets see a doctor or asthma nurse urgently Take _____ 5mg Prednisolone tablets immediately and again every morning for _____ days or until your symptoms have improved and your peak flow is back to normal (as in Zone 1). For you this means _____. | <p style="text-align: center;">Action</p> 1. Take one to two puffs of your reliever inhaler (usually blue) 2. Sit up and take slow steady breaths 3. If you don't feel better, continue to take two puffs of your reliever inhaler every two minutes. You can take up to ten puffs 4. If you do not feel better after taking your reliever inhaler as above or if you are worried at any time call 999 5. If an ambulance does not arrive within 15 minutes, and you do not feel any better, repeat step 3 |
| If you are always in Zone 1, your doctor or asthma nurse may want to reduce your regular medicines. | Start to record your morning peak flow, symptoms and medication in the study diary. | If you are in Zone 3 ask your doctor or asthma nurse for an asthma review, even if you feel better. | If your symptoms improve and you do not need to call 999 you will need to see your doctor or asthma nurse within 24 hours Do not delay calling for help if your asthma is getting worse, day or night |
| If you have stopped your treatment for any reason you should restart it at the first sign of asthma | Phone your research nurse to arrange a study visit. | Do not ignore worsening asthma. Get medical help | This information does not apply to people using Symbicort SMART regime who should discuss their advice with their doctor or asthma nurse |

Usual care

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|--|---|--|---|
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| <p style="text-align: center;">Action</p> Take your preventer inhaler every day, even when you are feeling well. Your preventer inhaler is: _____ Take your reliever inhaler if you have symptoms. Your reliever inhaler is: _____ | <p style="text-align: center;">Action</p> Use your reliever inhaler to relieve your symptoms and continue your preventer medication at your normal dose. If your symptoms get worse follow Zone 3 instructions | <p style="text-align: center;">Action</p> Continue taking your medicine as shown in Zone 2. Continue to take your reliever medicine when needed. If you have been prescribed steroid tablets, start taking them and let your doctor or asthma nurse know within 24 hours If you have not been prescribed steroid tablets see a doctor or asthma nurse urgently Take _____ 5mg Prednisolone tablets immediately and again every morning for _____ days or until your symptoms have improved and your peak flow is back to normal (as in Zone 1). For you this means _____. If you do not improve with these tablets go to Zone 4. | <p style="text-align: center;">Action</p> 1. Take one to two puffs of your reliever inhaler (usually blue) 2. Sit up and take slow steady breaths 3. If you don't feel better, continue to take two puffs of your reliever inhaler every two minutes. You can take up to ten puffs 4. If you do not feel better after taking your reliever inhaler as above or if you are worried at any time call 999 5. If an ambulance does not arrive within 15 minutes, and you do not feel any better, repeat step 3 |
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| If you have stopped your treatment for any reason you should restart it at the first sign of asthma | Phone your research nurse to arrange a study visit. | Do not ignore worsening asthma. Get medical help | This information does not apply to people using Symbicort SMART regime who should discuss their advice with their doctor or asthma nurse |