

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 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 our Adviceline
on 0800 121 62 44.**