

# 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](http://www.asthma.org.uk)

