# My asthma inhalers

<table>
<thead>
<tr>
<th>Every day – even if I am feeling well</th>
<th>When I need to</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>My preventer is the colour</strong></td>
<td><strong>My reliever is the colour</strong></td>
</tr>
</tbody>
</table>

**I take:**
- [ ] puffs in the morning
- [ ] puffs at night

**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