

# My asthma inhalers

## Every day – even if I am feeling unwell

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 + Lung UK, a charity that helps people with asthma.

Asthma and Lung UK, a charitable company limited by guarantee with company registration number 01863614, with registered charity number 326730 in England and Wales, SC038415 in Scotland, and 1177 in the Isle of Man.

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**Call our Helpline 0300 222 5800**  
**[AsthmaAndLung.org.uk](https://www.AsthmaAndLung.org.uk)**