



**PATIENTS ALSO RECEIVE THE FOLLOWING SUPPORT MESSAGES - FIRST SENT ON THE DAY AND TIME SHOWN, THEN RE-SENT EVERY 78 DAYS**

**DAY 6 @ 18:00:** Asthma symptoms include wheezing, coughing, shortness of breath and tightness in the chest.

**DAY 10 @ 12:00:** Your asthma is under control if you can do all your normal activities without asthma symptoms. Text Zone1 for advice about what to do.

**DAY 14 @ 18:00:** Don't run out of your inhalers! Check their expiry dates regularly and ALWAYS remember to carry your reliever inhaler with you. Look after yourself, Flo.

**DAY 18 @ 12:00:** Your asthma is getting worse if you need to use your blue inhaler more than 2x a week, have difficulty sleeping or have allergic symptoms. Please text MORE

**PATIENT REPLIES "MORE":** Allergic symptoms include runny nose and runny eyes associated with a trigger such as hay fever. If your asthma is getting worse, text Zone2 for advice.

**DAY 22 @ 18:00:** Remember to keep a spare reliever inhaler and volumatic spacer at school or at work.

**DAY 26 @ 12:00:** Your asthma is more severe if your blue inhaler is not helping with shortness of breath. Text Zone3 for advice about what to do.

**DAY 30 @ 18:00:** You should have your asthma reviewed at least once a year or any time if your asthma symptoms change. Make a review appointment with your doctor or asthma nurse.

**DAY 34 @ 12:00:** Don't ignore worsening asthma. You need help if your blue inhaler doesn't help, your symptoms worsen or you are too breathless to speak. Text Zone4 for advice.

**DAY 38 @ 18:00:** If you have stopped your treatment for any reason you should restart it at the first sign of asthma symptoms.

**DAY 42 @ 12:00:** Your asthma is getting worse if you have symptoms - day or night - wheezing, coughing, shortness of breath, tightness of the chest. Text Zone2 for advice.

**DAY 46 @ 18:00:** Brush your teeth, rinse and spit after taking your preventer. Take care, Flo.

**DAY 50 @ 12:00:** Emergency action is required if you are unable to speak due to breathlessness. Call your doctor or 999 and continue taking your blue inhaler through a spacer.

**DAY 54 @ 18:00:** Your asthma is getting worse if it starts to interfere with your usual activities (e.g. housework, work or school). Text Zone2 for advice about what to do.

**DAY 58 @ 12:00:** Have your MDI/Spacer technique checked regularly. Wash spacers once a month in warm, soapy water and dry in room air. Replace them every 6 to 12 months.

