

ASTHMA ACTION PLAN

Take this ASTHMA ACTION PLAN with you when you visit your doctor

ACTION PLAN FOR

Name _____
Date _____
Next asthma check-up due _____

DOCTOR'S CONTACT DETAILS

Name _____
Phone _____

EMERGENCY CONTACT DETAILS

Name _____
Phone _____
Relationship _____



WHEN WELL

Asthma under control (almost no symptoms)

ALWAYS CARRY YOUR RELIEVER WITH YOU

Your preventer is:

NAME & STRENGTH:

Take _____ puffs/tablets _____ times every day

Use a spacer with your inhaler

Your reliever is:

NAME:

Take _____ puffs

When: You have symptoms like wheezing, coughing or shortness of breath

Use a spacer with your inhaler

Peak flow* (if used) above:

OTHER INSTRUCTIONS

(e.g. other medicines, trigger avoidance, what to do before exercise)



WHEN NOT WELL

Asthma getting worse (needing more reliever than usual, having more symptoms than usual, waking up with asthma, asthma is interfering with usual activities)

Peak flow* (if used) between _____ and _____

Keep taking preventer:

NAME & STRENGTH:

Take _____ puffs/tablets _____ times every day

Use a spacer with your inhaler

Your reliever is:

NAME:

Take _____ puffs

Use a spacer with your inhaler

Peak flow* (if used) between _____ and _____

OTHER INSTRUCTIONS

(e.g. other medicines, when to stop taking extra medicines)

Contact your doctor



IF SYMPTOMS WORSEN

Severe asthma flare-up/attack (needing reliever again within 3 hours, increasing difficulty breathing, waking often at night with asthma symptoms)

Peak flow* (if used) between _____ and _____

Keep taking preventer:

NAME & STRENGTH:

Take _____ puffs/tablets _____ times every day

Use a spacer with your inhaler

Your reliever is:

NAME:

Take _____ puffs

Use a spacer with your inhaler

Peak flow* (if used) between _____ and _____

OTHER INSTRUCTIONS

(e.g. other medicines, when to stop taking extra medicines)

Contact your doctor today

Prednisolone/prednisone:

Take _____ each morning for _____ days



DANGER SIGNS

Asthma emergency (severe breathing problems, symptoms get worse very quickly, reliever has little or no effect)

**DIAL 000 FOR
AMBULANCE**

Peak flow* (if used) below:

Call an ambulance immediately
Say that this is an asthma emergency
Keep taking reliever as often as needed

Use your adrenaline autoinjector (EpiPen or Anapen)



National
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Asthma Health Alert

VM Jensen



Asthma Health Alert:

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