



# Asthma Action Plan for

Patient: \_\_\_\_\_ chart number: \_\_\_\_\_

Doctor: \_\_\_\_\_ doctor's phone: \_\_\_\_\_

## How to keep asthma under control



Here are signs that your **asthma is under control:**

- Your peak flow is over \_\_\_\_\_.
- You are breathing well, with no coughing or wheezing. You can work or play normally.

## To help keep your asthma under control, do these things:

Take your daily control medicine every day:

\_\_\_\_\_

\_\_\_\_\_

Do your best to stay away from tobacco smoke and the things listed below that cause asthma problems for you (these are called your "triggers"):

\_\_\_\_\_

\_\_\_\_\_

Call your doctor if:

- You are having asthma attacks more than two days a week.
- You are waking up at night coughing from asthma more than once a month.

Come in for a regular checkup with your doctor every \_\_\_\_\_ months.

Some people with asthma need to take asthma medicine before they are physically active. If this is true for you, here are your doctor's instructions:

\_\_\_\_\_ minutes before you start exercise or other physical activity, take \_\_\_\_\_ puffs of \_\_\_\_\_ (your rescue medicine)

## What if you have problems with asthma?



**Asthma can cause problems with breathing, even if you are not having any asthma attacks**

When your asthma is not under control, an asthma problem can build up slowly. It can cause breathing problems that last for hours or days at a time, even though you are not having any asthma attacks.

### These signs mean that you are having a problem:

- Your peak flow is between \_\_\_\_\_ and \_\_\_\_\_.
- You don't feel well. You are short of breath and your chest feels tight. Coughing wakes you up at night.

If you have these signs of a problem, here is what to do:

\_\_\_\_\_

\_\_\_\_\_



**Asthma attack -- a serious breathing problem**

- Your peak flow is less than \_\_\_\_\_.
- You are breathing hard and fast. You feel awful.

Your rescue medicine is \_\_\_\_\_. When you have an asthma attack, take \_\_\_\_\_ puffs of this medicine right away. Sit down and do your best to relax. Stay calm and quiet. If you don't feel better within \_\_\_\_\_ minutes, take \_\_\_\_\_ more puffs of rescue medicine.

*More instructions:*

### Is it an emergency?

Any asthma attack can turn into an emergency at any time. **Call 911 if:**

- You are breathing so hard that you have trouble walking or talking.
- -- or -- your lips or fingernails look gray or blue.
- -- or -- your rescue medicine still isn't helping, after you have followed the directions for taking it.