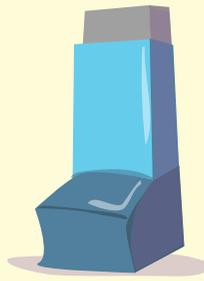


# Asthma Action Plan

Keep with you and bring to medical visits.  
Keep your **Reliever** medicine with you at all times.



Things that make the asthma worse: AVOID!



Name

Date Of Birth  Date

Nurse Name  Phone

Doctor Name  Phone

Emergency Contact Name

Phone

## Feeling Well:

Carry on with regular activities.

- Breathing well
- Not coughing or wheezing
- Playing and exercising without symptoms
- Sleeping through the night
- Using the **Reliever** less than 3 times a week

The **Preventer** is:

Use  puffs/tablets  
Use  time/day

The **Reliever** is:

Use  Puffs



## Feeling Unwell: Slow down!

- Signs of a cold
- Coughing
- Mild wheeze
- Waking up with asthma
- Tight chest
- Using the **Reliever** 3 times or more a week



Continue using your **Preventer** and Reliever from the green zone:

Add the following:   
Use  Puffs   
Repeat  times per day

## Other instructions:

e.g. other medicines, when to stop them, using a spacer etc...

## Feeling Bad: Stop all activities!

- Breathing hard and fast
- Nose open wide
- Sucking around neck and tummy when breathing
- Asthma worsening after giving yellow zone medicines



Continue using your **Preventer** and **Reliever** and medicines from yellow zone:

Add the following:   
Use  Puffs   
Repeat  times per day

## Other instructions:

e.g. other medicines, when to stop them etc..

**Contact and See your doctor URGENTLY**

## Other instructions:

e.g. before exercise instructions, using a spacer, other medicines etc..



## Emergency: Call for Help and Emergency Services!

- Relievers not working
- Need more Reliever within ½ hour
- Blue lips
- Can't talk or eat
- Call Emergency Services or Head to the A&E
- Stay calm
- Continue using your relievers

