**WHEN WELL**  
Asthma under control (almost no symptoms)

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

**ALWAYS CARRY YOUR RELIEVER WITH YOU**

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)

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

**OTHER INSTRUCTIONS**  
[e.g. other medicines, when to stop taking extra medicines]

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

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

**OTHER INSTRUCTIONS**  
[e.g. other medicines, when to stop taking extra medicines]

Prednisolone/prednisone:  
Take ______ each morning for ______ days

☐ Contact your doctor today

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

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)

* Peak flow not recommended for children under 12 years.
**ASTHMA ACTION PLAN**

**what to look out for**

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### WHEN WELL

**THIS MEANS:**
- you have no night-time wheezing, coughing or chest tightness
- you only occasionally have wheezing, coughing or chest tightness during the day
- you need reliever medication only occasionally or before exercise
- you can do your usual activities without getting asthma symptoms

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### WHEN NOT WELL

**THIS MEANS ANY ONE OF THESE:**
- you have night-time wheezing, coughing or chest tightness
- you have morning asthma symptoms when you wake up
- you need to take your reliever more than usual
- your asthma is interfering with your usual activities

**THIS IS AN ASTHMA FLARE-UP**

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### IF SYMPTOMS GET WORSE

**THIS MEANS:**
- you have increasing wheezing, cough, chest tightness or shortness of breath
- you are waking often at night with asthma symptoms
- you need to use your reliever again within 3 hours

**THIS IS A SEVERE ASTHMA ATTACK (SEVERE FLARE-UP)**

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### DANGER SIGNS

**THIS MEANS:**
- your symptoms get worse very quickly
- you have severe shortness of breath, can’t speak comfortably or lips look blue
- you get little or no relief from your reliever inhaler

**CALL AN AMBULANCE IMMEDIATELY: DIAL 000**

**SAY THIS IS AN ASTHMA EMERGENCY**

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### ASTHMA MEDICINES

**PREVENTERS**
Your preventer medicine reduces inflammation, swelling and mucus in the airways of your lungs. Preventers need to be taken every day, even when you are well.

Some preventer inhalers contain 2 medicines to help control your asthma (combination inhalers).

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**RELEIVERS**
Your reliever medicine works quickly to make breathing easier by making the airways wider.

**Always carry your reliever with you** – it is essential for first aid. Do not use your preventer inhaler for quick relief of asthma symptoms unless your doctor has told you to do this.

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To order more Asthma Action Plans visit the National Asthma Council website. A range of action plans are available on the website – please use the one that best suits your patient.

nationalasthma.org.au

Developed by the National Asthma Council Australia and supported by GSK Australia.

National Asthma Council Australia retained editorial control. © 2015

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