### Asthma Action Plan

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

#### 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:

#### 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
  - When: You have symptoms like wheezing, coughing or shortness of breath
  - ☐ Use a spacer with your inhaler

**OTHER INSTRUCTIONS**

- [ ] Contact your doctor
- (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
  - When: You have symptoms like wheezing, coughing or shortness of breath
  - ☐ Use a spacer with your inhaler

**OTHER INSTRUCTIONS**

- [ ] Contact your doctor today
- (e.g. other medicines, when to stop taking extra medicines)
  - 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)**

- Peak flow (if used) below:
  - DIAL 000 FOR AMBULANCE
  - 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

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

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

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)

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

DIAL 000 FOR AMBULANCE

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).

RELIEVERS
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.

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

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