Short Wind Danger Plan

1 puff, 4 breaths 4 times & wait a short time. Do all over again.

If not getting better, keep giving blue puffer till help comes.

Send for help.
SHORT WIND ACTION PLAN

Name: 
Doctor or clinic: 

Feel Good

My medicines: 1 puff into spacer at a time.

Feel little bit Short Wind

My medicines:

☐ puffs when needed
Always carry your blue puffer & spacer

Bad Short Wind

My medicines:

1 puff, 4 breaths. Do this 4 times & wait a short time then do this all over again till better or help comes.