ASTHMA ACTION PLAN

Feel Good
- no short wind
- no cough
- no whistle breathing

Short Wind
- tight chest
- whistle breathing (wheeze)
- short wind when walking or playing

Bad Short Wind
- short wind all the time
- fast breathing
- whistle breathing a lot
- cannot talk

My medication:
Always carry your blue puffer with you and use it when you have short wind.

Dr Comments:
1. Sit the person up.

2. Give 4 puffs of a blue reliever medicine.

3. Quickly send someone to the health centre.

4. If the person still has very short wind, keep giving blue reliever medicine until someone comes from the health centre.