


# ASTHMA ACTION PLAN

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




<b>NAME</b> .....	<b>DOCTOR'S CONTACT DETAILS</b>	<b>EMERGENCY CONTACT DETAILS</b>
<b>DATE</b> .....		<b>Name</b> .....
<b>NEXT ASTHMA CHECK-UP DUE</b> .....		<b>Phone</b> .....
.....		<b>Relationship</b> .....

 **WHEN WELL** *Asthma under control (almost no symptoms)* **ALWAYS CARRY YOUR RELIEVER WITH YOU**

Peak flow\* (if used) above: .....


<b>Your preventer is:</b> ..... (NAME & STRENGTH) Take ..... puffs/tablets ..... times every day <input type="checkbox"/> Use a spacer with your inhaler	<b>OTHER INSTRUCTIONS</b> (e.g. other medicines, trigger avoidance, what to do before exercise) ..... ..... .....
<b>Your reliever is:</b> ..... (NAME) Take ..... puffs .....	
When: You have symptoms like wheezing, coughing or shortness of breath <input type="checkbox"/> Use a spacer with your inhaler	

 **WHEN NOT WELL** *Asthma getting worse (needing more reliever e.g. more than 3 times per week, waking up with asthma, more symptoms than usual, asthma is interfering with usual activities)*

Peak flow\* (if used) between ..... and .....

<b>Keep taking preventer:</b> ..... (NAME & STRENGTH) Take ..... puffs/tablets ..... times every day <input type="checkbox"/> Use a spacer with your inhaler	<b>OTHER INSTRUCTIONS</b> (e.g. other medicines, when to stop taking extra medicines) ..... ..... .....
<b>Your reliever is:</b> ..... (NAME) Take ..... puffs .....	
<input type="checkbox"/> Use a spacer with your inhaler	


Contact your doctor

 **IF SYMPTOMS GET WORSE** *Asthma is severe (needing reliever again within 3 hours, increasing difficulty breathing, waking often at night with asthma symptoms)*

Peak flow\* (if used) between ..... and .....

<b>Keep taking preventer:</b> ..... (NAME & STRENGTH) Take ..... puffs/tablets ..... times every day <input type="checkbox"/> Use a spacer with your inhaler	<b>OTHER INSTRUCTIONS</b> (e.g. other medicines, when to stop taking extra medicines) Prednisolone/prednisone: Take ..... each morning for ..... days ..... ..... .....
<b>Your reliever is:</b> ..... (NAME) Take ..... puffs .....	
<input type="checkbox"/> Use a spacer with your inhaler	

**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: .....

**DIAL 000 FOR AMBULANCE**

Call an ambulance immediately  
Say that this is an asthma emergency  
Keep taking reliever as often as needed



[www.nationalasthma.org.au](http://www.nationalasthma.org.au)

\* 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 eg. more than 3 times per week
- your asthma is interfering with your usual activities

### 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 AN ASTHMA ATTACK**

### 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**

### 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).

#### 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.

[www.nationalasthma.org.au](http://www.nationalasthma.org.au)

National Asthma Council Australia  
leading the attack against asthma