


# ASTHMA ACTION PLAN

Take me when you visit your doctor

Photo (optional)

Name: \_\_\_\_\_  
Plan date: \_\_\_\_\_ Review date: \_\_\_\_\_  
Doctor details: \_\_\_\_\_

**EMERGENCY CONTACT**  
Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Relationship: \_\_\_\_\_


 **WELL CONTROLLED** is all of these...

- needing reliever medicine no more than 2 days/week
- no asthma at night
- no asthma when I wake up
- can do all my activities

Peak flow reading (if used) above \_\_\_\_\_

**TAKE preventer**  
Name: \_\_\_\_\_  
morning  night  puffs/inhalations  
▪ Use my preventer, even when well controlled ▪ Use my spacer with my puffer

**TAKE reliever**  
Name: \_\_\_\_\_  
 puffs/inhalations as needed  puffs/inhalations 15 minutes before exercise  
▪ Always carry my reliever medicine

 **FLARE-UP** Asthma symptoms getting worse such as **any** of these...

- needing reliever medicine more than usual OR more than 2 days/week
- woke up overnight with asthma
- had asthma when I woke up
- can't do all my activities


Peak flow reading (if used) between \_\_\_\_\_ and \_\_\_\_\_  
My triggers and symptoms \_\_\_\_\_

**TAKE preventer**  
Name: \_\_\_\_\_  
morning  night  puffs/inhalations for \_\_\_\_\_ days then back to **well controlled** dose

**TAKE reliever**  
Name: \_\_\_\_\_  puffs/inhalations as needed

**START other medicine**  
Name/dose/days/other treatments \_\_\_\_\_

**MAKE appointment to see my doctor same day or as soon as possible**

 **SEVERE** Asthma symptoms getting worse such as **any** of these...

- reliever medicine not lasting 3 hours
- woke up frequently overnight with asthma
- had asthma when I woke up
- difficulty breathing

Peak flow reading (if used) between \_\_\_\_\_ and \_\_\_\_\_  
My triggers and symptoms \_\_\_\_\_


**TAKE preventer**  
Name: \_\_\_\_\_  
morning  night  puffs/inhalations for \_\_\_\_\_ days then back to **well controlled** dose

**TAKE reliever**  
Name: \_\_\_\_\_  puffs/inhalations as needed

**START other medicine**  
Name/dose/days/other treatments \_\_\_\_\_


**MAKE appointment to see my doctor TODAY**  
▪ If unable to see my doctor, visit a hospital


**OTHER INSTRUCTIONS**  
Other medicines, treatments, dose, duration, etc \_\_\_\_\_

 **EMERGENCY** is **any** of these...

- reliever medicine not working at all
- can't speak a full sentence
- extreme difficulty breathing
- feel asthma is out of control
- lips turning blue

Peak flow reading (if used) below \_\_\_\_\_

**1**  **CALL AMBULANCE NOW**  
Dial Triple Zero (000)

**2**  **START ASTHMA FIRST AID**  
Turn page for Asthma First Aid

# ASTHMA FIRST AID

## Blue/Grey Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma



**DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:**

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- **has a known allergy to food, insects or medication and has SUDDEN BREATHING DIFFICULTY, GIVE ADRENALINE AUTOINJECTOR FIRST (if available)**

**1**



**SIT THE PERSON UPRIGHT**

- Be calm and reassuring
- Do not leave them alone

**2**



**GIVE 4 SEPARATE PUFFS OF RELIEVER PUFFER**

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
  - **Repeat** until 4 separate puffs have been taken



If using **Bricanyl** (5 years or older)

- **Do not shake.** Open, twist around and back, and take a deep breath in
- **Repeat** until 2 separate inhalations have been taken

If you don't have a spacer handy in an emergency, take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. **Repeat** until all puffs are given

**3**



**WAIT 4 MINUTES**

- If breathing does not return to normal, give 4 more separate puffs of reliever as above



**Bricanyl:** Give 1 more inhalation

## IF BREATHING DOES NOT RETURN TO NORMAL

**4**



**DIAL TRIPLE ZERO (000)**

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives



**Bricanyl:** Give 1 more inhalation every 4 minutes until emergency assistance arrives