My Asthma Action Plan

Well Controlled

- Able to do normal activities
- Needing blue reliever less than three times/week

Other:

- __________
- __________

Worsening

- Cough or chest tightness wakes me up
- Needing blue reliever more than three times/week

Other:

- __________
- __________

Severe

- Waking most nights and mornings with coughing or chest tightness
- Needing blue reliever at least every three hours

Other:

- __________
- __________

See doctor as soon as you can

Life threatening asthma and 4 step asthma first aid plan – turn over

Always carry your blue reliever with you
Life-threatening asthma

Call 000 immediately and begin asthma first aid

1. Relax, sit up.

2. Take 4 puffs of a blue reliever puffer (one puff at a time), through a spacer device*. Take four breaths from the spacer after each puff.

3. Wait 4 minutes.

4. If little or no improvement, repeat steps 2 and 3.

   If still no improvement, call an ambulance immediately (Dial 000). Repeat steps 2 and 3 until ambulance arrives.

* If no spacer is available, use a blue reliever puffer on its own.