



Asthma Action Plan

Patient: _____ chart number: _____

Doctor: _____ phone #: _____

How to keep asthma under control

Here are signs that your asthma is *under control*:



- Your peak flow is over _____.
- You are breathing well, with no coughing or wheezing. You can work or play normally.

To help *keep* your asthma under control, do these things:

Take your daily control medicine every day: _____

Do your best to stay away from tobacco smoke and the things listed below that cause asthma problems for you (these are called your “triggers”): _____

Call your doctor if:

- You are having asthma attacks more than two days a week.
- You are waking up at night coughing from asthma more than once a month.

Come in for a regular checkup with your doctor every _____ months.

Some people with asthma need to take asthma medicine before they are physically active. If this is true for you, here are your doctor’s instructions:

_____ minutes before you start exercise or other physical activity, take _____ puffs of _____ (your rescue medicine)

What if you have problems with asthma?



Asthma can cause problems with breathing, even if you are not having any asthma attacks

When your asthma is not under control, an asthma problem can build up slowly. It can cause breathing problems that last for hours or days at a time, even though you are not having any asthma attacks.

These signs mean that you are having a problem:

- Your peak flow is between _____ and _____.
- You don’t feel well. You are short of breath and your chest feels tight. Coughing wakes you up at night.

If you have these signs of a problem, here is what to do:



Asthma attack -- a *serious* breathing problem

- Your peak flow is less than _____.
- You are breathing hard and fast. You feel awful.

Your rescue medicine is _____.

When you have an asthma attack, take _____ puffs of this medicine right away. Sit down and do your best to relax. Stay calm and quiet. If you don’t feel better within _____ minutes, take _____ more puffs of rescue medicine. *More instructions:*

Is it an emergency?

Any asthma attack can turn into an emergency *at any time*. Call 911 if:

- You are breathing so hard that you have trouble walking or talking.
- -- or -- your lips or fingernails look gray or blue.
- -- or -- your rescue medicine still isn’t helping, after you have followed the directions for taking it.