

Asthma Action Plan

When Well

You will

- be free of regular night-time wheeze or cough or chest tightness
- have no regular wheeze or cough or chest tightness on waking or during the day
- be able to take part in normal physical activity without getting asthma symptoms
- need reliever medication less than three times a week (except if it is used before exercise).

When not well

You will

- have increasing night-time wheeze or cough or chest tightness
- have symptoms regularly in the morning when you wake up
- have a need for extra doses of reliever medication
- have symptoms which interfere with exercise.

(You may experience one or more of these)

If symptoms get worse, this is an acute attack when you

- have one or more of the following: wheeze, cough, chest tightness or shortness of breath
- need to use your reliever medication at least once every three hours or more often.

Danger signs are when

- your symptoms get worse very quickly
- wheeze, chest tightness or shortness of breath continue after using the reliever medication or return within minutes of taking reliever medication
- you have severe shortness of breath, an inability to speak comfortably or blueness of lips.

Immediate action is needed – call an ambulance 000

Take this action plan with you when you visit your doctor

Asthma Action Plan

Name: Date:

When well

Preventer *(if prescribed)*

- This reduces long term inflammation

Usetimes per day

Reliever

- Take only when necessary for immediate relief of wheeze or cough

Usetimes per day

Symptom Controller *(if prescribed)*

- Long acting reliever only prescribed in conjunction with a preventer

Use

Before exercise

Use

When not well

Preventer *(if prescribed)*

Usetimes per day

Reliever

Usetimes per day

Symptom Controller *(if prescribed)*

Use

Before exercise

Use

When your symptoms get better, return to the doses you take when well

Doctor's signature:

If your symptoms get worse:

When your symptoms get better, return to the dose you take when well.

Seeking help:



If you follow this plan, but your symptoms get worse, see a doctor immediately.



In a medical emergency go to your nearest emergency department or call 000.



**Emergency
Care Institute**
NEW SOUTH WALES