# Asthma Action Plan

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

## When Well

**Asthma under control (almost no symptoms)**

**Your Preventer is:**

- **NAME & STRENGTH**
- Take **puffs/tablets** times every day
- **Use a spacer with your inhaler**

**Your reliever is:**

- **NAME**
- Take **puffs**
- **Use a spacer with your inhaler**

When you have symptoms like wheezing, coughing or shortness of breath:

- **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)**

**Keep taking preventer:**

- **NAME & STRENGTH**
- Take **puffs/tablets** times every day
- **Use a spacer with your inhaler**

**Your reliever is:**

- **NAME**
- Take **puffs**
- **Use a spacer with your inhaler**

## If Symptoms Get Worse

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

**Keep taking preventer:**

- **NAME & STRENGTH**
- Take **puffs/tablets** times every day
- **Use a spacer with your inhaler**

**Your reliever is:**

- **NAME**
- Take **puffs**
- **Use a spacer with your inhaler**

## 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

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* Peak flow not recommended for children under 12 years.
Asthma Action Plan

**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.**

**Asthma medicines**

**Preventers**
Your preventative 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 preventative 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 preventative 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

Developed by the National Asthma Council Australia and supported by GlaxoSmithKline Australia, National Asthma Council Australia retained editorial control.