

# ASTHMA ACTION PLAN

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

**NAME** .....

**DATE** .....

**NEXT ASTHMA CHECK-UP DUE** .....

## DOCTOR'S CONTACT DETAILS

## EMERGENCY CONTACT DETAILS

**Name** .....

**Phone** .....

**Relationship** .....



## WHEN WELL *Asthma under control (almost no symptoms)*

ALWAYS CARRY YOUR RELIEVER WITH YOU

**Your preventer is:** .....  
[NAME & STRENGTH]

Take ..... puffs/tablets ..... times every day  
 Use a spacer with your inhaler

**Your reliever is:** .....  
[NAME]

Take ..... puffs .....

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

Use a spacer with your inhaler

Peak flow\* (if used) above:

### OTHER INSTRUCTIONS

(e.g. other medicines, trigger avoidance, what to do before exercise)



## WHEN NOT WELL *Asthma getting worse (needing more reliever than usual, having more symptoms than usual, waking up with asthma, 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

Peak flow\* (if used) between ..... and .....

### OTHER INSTRUCTIONS

(e.g. other medicines, when to stop taking extra medicines)

Contact your doctor



## IF SYMPTOMS GET WORSE *Severe asthma flare-up/attack (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

Peak flow\* (if used) between ..... and .....

### OTHER INSTRUCTIONS

(e.g. other medicines, when to stop taking extra medicines)

Contact your doctor today

Prednisolone/prednisone:

Take ..... each morning for ..... days



## DANGER SIGNS

*Asthma emergency (severe breathing problems, symptoms get worse very quickly, reliever has little or no effect)*

**DIAL 000 FOR  
AMBULANCE**

Peak flow (if used) below:

**Call an ambulance immediately**  
**Say that this is an asthma emergency**  
**Keep taking reliever as often as needed**

Use your adrenaline autoinjector (EpiPen or Anapen)

National Asthma  
Council Australia  
leading the attack against asthma

[nationalasthma.org.au](http://nationalasthma.org.au)

# ASTHMA ACTION PLAN

## what to look out for

### 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
- your asthma is interfering with your usual activities

**THIS IS AN ASTHMA FLARE-UP**

### 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 A SEVERE ASTHMA ATTACK (SEVERE FLARE-UP)**

### 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**

**DIAL 000 FOR  
AMBULANCE**

### ASTHMA MEDICINES

#### PREVENTERS

Your preventer 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 preventer 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 preventer 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.

[nationalasthma.org.au](http://nationalasthma.org.au)

Developed by the National Asthma Council Australia and supported by GSK Australia.

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National Asthma  
Council Australia  
leading the attack against asthma