

What is an Asthma Action Plan?

An Asthma Action Plan is a series of steps that you can use to manage your asthma when it gets out of control.

Why use an Asthma Action Plan?

Research has shown that having written agreement with your doctor is very helpful when managing asthma at home. The aim of an Asthma Action Plan is to recognize the early warning signs of asthma and to take the appropriate steps.

It helps you:

- ≈ take control of your asthma,
- ≈ know when to increase or decrease your medications so that your asthma is well-controlled,
- ≈ decide when you should seek emergency help.

How do I get a customized Asthma Action Plan?

Take this Asthma Action Plan and discuss it with your doctor.



What would you do if?

You caught a cold, and today you are feeling wheezy and you find it difficult to do your usual activities. Last night you woke up because you were having difficulty breathing and you found it hard to get back to sleep. You need to take your reliever (blue) inhaler more and more. Do you know what to do?

Respiratory infections, a common asthma trigger, often require a change to asthma treatment. You may find yourself making medication changes on your own and wondering if you've made the right decision. Talk to your doctor **now** about the specific steps you should take when you are having asthma symptoms.

What works for one person with asthma may not work for you. It is very important to first gain a full understanding of all your choices and then to obtain guidance from your doctor on the appropriate steps to take.

For more information contact
The Asthma Society of Canada at
www.asthma.ca
or call 1-866-787-4050


Asthma.ca[™]
Asthma Society of Canada

Breathe

Your
asthma
is as unique
as you are

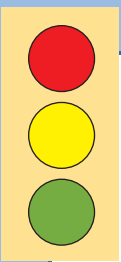
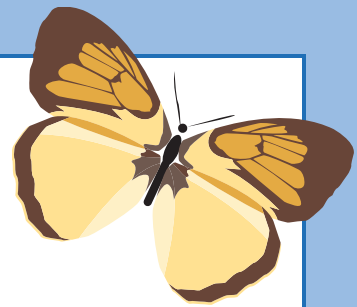


Asthma varies over time and from person to person. What works for one person may not work for you. That is why your asthma care must be personalized.

This brochure provides an Asthma Action Plan that will help you learn the steps to self-manage your asthma so you can live a life as symptom-free as possible.



Asthma Action Plan (Sample)



Name: _____

Hospital/Emergency Room Phone Number: _____

Doctor's Name: _____

Doctor's Phone Number: _____

Date: _____

This Action Plan is a guide only. Always see a doctor if you are unsure what to do.

Green Zone – I have symptom-free asthma

I have no symptoms:

- ≈ I have no cough, wheeze, chest tightness or shortness of breath
- ≈ I do not cough or wheeze when I exercise or sleep
- ≈ I can do all my usual activities
- ≈ I do not need to take days off work

To remain symptom-free, I need to take these controller medications every day

Medication	How much to take	When to take it

Yellow Zone – I have asthma symptoms

- ≈ I cough, wheeze, have chest tightness or shortness of breath during the day, when I exercise, or sleep
- ≈ I feel like I am getting a cold or the flu
- ≈ I need to use my reliever inhaler more than three times a week for my asthma symptom

I need to either increase my controller medication, or add on a different controller

First Take _____ 2 puffs, every _____ hours, as needed.
(Reliever)

Second Increase _____ to _____ day, for _____ days, or until you are back in the green zone.
(Controller)

If no improvement in _____ hours, call or visit your Doctor.

Red Zone – I am in danger and need help

Any of the following:

- ≈ I have been in the Yellow Zone for 24 hours
- ≈ My asthma symptoms are getting worse
- ≈ My reliever does not seem to be helping
- ≈ I can not do any type of activity
- ≈ I am having trouble walking or talking
- ≈ I feel faint or dizzy
- ≈ I have blue lips or fingernails
- ≈ I am frightened
- ≈ This attack came on suddenly

Go directly to the nearest Emergency Room of your local hospital

First This is an emergency. Dial 911.

Second While waiting for the ambulance, take
2 puffs of _____ every 10 minutes.
(Reliever inhaler)

