

# 我的哮喘管理计划

## MY ASTHMA ACTION PLAN

A community resource in Simplified Chinese

### 状况良好

Well controlled



呼吸顺畅并且生活状况良好

Breathing well and living life well.

每周需要使用蓝色吸入剂少于两次

Need blue puffer less than 2 times a week.



### 状况不太好

Not so good / Worsening



有时候会因为咳嗽/气喘(口哨声一样的杂音)/胸口发紧而从睡眠中醒来

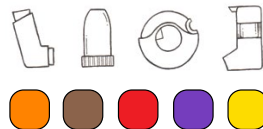
Sometimes wake from sleep with cough / wheeze (whistling noise) / tight chest.

每周需要使用蓝色吸入剂多于两次

Need blue puffer more than twice a week.

去看你的医生

Go to your doctor.



### 状况很差 (危险)

Very unwell (Danger)



大多数晚上会因为咳嗽/气喘(口哨声一样的杂音)/胸口发紧而从睡眠中醒来

I wake up most nights with a cough / wheeze / tight chest.

说话困难

Hard to speak.

蓝色吸入剂无效

Blue puffer not working.

执行“哮喘急救法”

Follow what to do in an asthma emergency.

# 哮喘急救法

## WHAT TO DO IN AN ASTHMA EMERGENCY

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### 哮喘进入危险阶段的迹象

Signs of very dangerous asthma.



1

坐起

Sit up.



2



通过储雾器使用蓝色吸入剂4次——每喷一下吸气4次

Take 4 puffs of blue puffer with a spacer. Take 4 breaths after each puff.

等待4分钟

Wait 4 minutes.



3



如无改善, 通过储雾器再使用蓝色吸入剂4次——每喷一下吸4次

If not better, take 4 more puffs of blue puffer with a spacer. Take 4 breaths after each puff.

等待4分钟

Wait 4 minutes.



4



如果仍未改善, 拨打000叫救护车。继续每4分钟使用蓝色吸入剂4次, 直至救护车到达。

If still not better, call an ambulance: 000. Keep on giving 4 puffs every 4 minutes until the ambulance comes.

