

MY ASTHMA ACTION PLAN A community resource

Well controlled

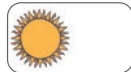


Breathing well and living life well.

Need blue puffer 2 days a week or less.

Preventer:

Dose:



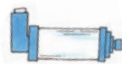
Take every day.

Reliever:

Dose:

Take when needed.

Remember to use a spacer.



Not so good / Worsening



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

Need blue puffer more than 2 days a week.

Go to your doctor.

Preventer:

Dose:



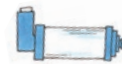
Take every day.

Reliever:

Dose:

Take when needed.

Remember to use a spacer.



Very unwell (Danger)



Wake up most nights with a cough / wheeze (whistling noise) / tight chest.

Hard to speak.

Blue puffer not working.

Follow what to do in an asthma emergency.

WHAT TO DO IN AN ASTHMA EMERGENCY A community resource

Signs of very dangerous asthma.



1



Sit up.



2



Have 4 puffs of blue puffer using a spacer. Take 1 puff at a time with 4 breaths in and out after each puff.

Wait 4 minutes.



3



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

Wait 4 minutes.



4



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

