

# ARE YOU READY FOR SCHOOL? UPDATE YOUR CHILD'S ASTHMA ACTION PLAN!

**ASTHMA ACTION PLAN**  
Take me when you visit your doctor

**ASTHMA AUSTRALIA**

**EMERGENCY CONTACT**

**Photo (optional)**

**WELL CONTROLLED** is all of these...

- needing reliever medicine no more than 2 days/week
- no asthma at night
- no asthma when I wake up
- can do all my activities

Peak flow reading (if used) above \_\_\_\_\_

**TAKE preventer**  
Name \_\_\_\_\_  
morning  night  puffs/ inhalations \_\_\_\_\_  
▪ Use my preventer, even when well controlled ▪ Use my spacer with my puffer

**TAKE reliever**  
Name \_\_\_\_\_  
puffs/ inhalations as needed \_\_\_\_\_ puffs/ inhalations 15 minutes before exercise \_\_\_\_\_  
▪ Always carry my reliever medicine

**FLARE-UP** Asthma symptoms getting worse such as **any** of these...

- needing reliever medicine more than usual OR more than 2 days/week
- woke up overnight with asthma
- had asthma when I woke up
- can't do all my activities

Peak flow reading (if used) between \_\_\_\_\_ and \_\_\_\_\_  
My triggers and symptoms \_\_\_\_\_

**TAKE preventer**  
Name \_\_\_\_\_  
morning  night  puffs/ inhalations for \_\_\_\_\_ days then back to **well controlled** dose \_\_\_\_\_

**TAKE reliever**  
Name \_\_\_\_\_  puffs/ inhalations as needed \_\_\_\_\_

**START other medicine**  
Name/ dose/ days/ other treatments \_\_\_\_\_

**MAKE appointment to see my doctor same day or as soon as possible**

**SEVERE** Asthma symptoms getting worse such as **any** of these...

- reliever medicine not lasting 3 hours
- woke up frequently overnight with asthma
- had asthma when I woke up
- difficulty breathing

Peak flow reading (if used) between \_\_\_\_\_ and \_\_\_\_\_  
My triggers and symptoms \_\_\_\_\_

**TAKE preventer**  
Name \_\_\_\_\_  
morning  night  puffs/ inhalations for \_\_\_\_\_ days then back to **well controlled** dose \_\_\_\_\_

**TAKE reliever**  
Name \_\_\_\_\_  puffs/ inhalations as needed \_\_\_\_\_

**START other medicine**  
Name/ dose/ days/ other treatments \_\_\_\_\_

**MAKE appointment to see my doctor TODAY**  
▪ If unable to see my doctor, visit a hospital

**OTHER INSTRUCTIONS**  
Other medicines, treatments, dose, duration, etc \_\_\_\_\_

**EMERGENCY** is **any** of these...

- reliever medicine not working at all
- can't speak a full sentence
- extreme difficulty breathing
- feel asthma is out of control
- lips turning blue

Peak flow reading (if used) below \_\_\_\_\_

**CALL AMBULANCE NOW**  
Dial Triple Zero (000)

**START ASTHMA FIRST AID**  
Turn page for Asthma First Aid

If you are using an anti-inflammatory reliever, your doctor will discuss the correct plan for you. v19 Updated 22 May 2025



An **Asthma Action Plan** tells you how to look after your child's asthma.  
If you or your child has asthma, ask your doctor for an updated **Asthma Action Plan** every year and whenever symptoms or medicines change.



**ASTHMA  
AUSTRALIA**



**CONNECTED BEGINNINGS**  
LUTRUWITA/TASMANIA

