**My Asthma Action Plan**  A Burmese community resource

**Well controlled**

Breathing well and living life well.

Need blue puffer less than 2 times a week.

**Not so good / Worsening**

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

Need blue puffer more than twice a week.

**Go to your doctor.**

**Very unwell (Danger)**

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

Hard to speak.

Blue puffer not working.

Follow what to do in an asthma emergency.

Do you need more information? Call 1800 278 462 (Free interpreter service)
What to do in an asthma emergency

A Burmese community resource

1

Sit up.

2

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

4 ပုံမှန်ထွက်ပြီး

Wait 4 minutes.

3

If not better, take 4 more puffs of blue puffer with a spacer.

Take 4 breaths after each puff.

4 ပုံမှန်ထွက်ပြီး

Wait 4 minutes.

4

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

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