



COMMUNITY  
**ASTHMA**  
CARE CENTRE

# ACTION PLAN

FOR  
ADULTS  
WITH  
ASTHMA

NAME: \_\_\_\_\_ FAMILY PHYSICIAN: \_\_\_\_\_

DATE: \_\_\_\_\_ PERSONAL BEST: \_\_\_\_\_

## HOW IS YOUR ASTHMA?

## ACTIONS

### WELL CONTROLLED ASTHMA

- NO COUGH
- NO WHEEZE
- DOES NOT USE RELIEVER MEDICATION OFTEN THAN USUAL

TAKE YOUR REGULAR TREATMENT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*AT THE FIRST SIGN OF A COLD, GO TO YELLOW ZONE

### WORSENING ASTHMA

- YOU NEED (\_\_\_\_\_) MORE OFTEN
- MORE SHORT OF BREATH WITH ACTIVITY
- INCREASE IN COUGH AND/OR WHEEZE

1. TAKE \_\_\_ PUFFS \_\_\_ TIMES A DAY OF YOUR PREVENTER (\_\_\_\_\_).
2. TAKE EXTRA PUFFS OF YOUR RELIEVER (\_\_\_\_\_) UP TO \_\_\_ PUFFS \_\_\_ TIMES PER DAY, FOUR HOURS APART.
3. TAKE YOUR RELIEVER MEDICATION EVERY FOUR HOURS FOR AT LEAST THE FIRST 48 HOURS ONCE SYMPTOMS START.

### SEVERE ASTHMA

- LITTLE RELIEF FROM RELIEVER MEDICATION
- MORE SHORT OF BREATH
- FAST BREATHING, MUSCLE INDRAWING

1. START YELLOW ACTION ZONES.
2. CONTACT YOUR DOCTOR OR EMERGENCY DEPARTMENT

### SUDDEN SEVERE ASTHMA

- NO RELIEF FROM YOUR PUFFER
- HARD TO SPEAK
- FEEL FAINT
- LIPS/FINGERS TURNING BLUE



1. GET MEDICAL ATTENTION IMMEDIATELY
2. CALL AN AMBULANCE (SAFER & QUICKER).
3. START GIVING RELIEVER MEDICATION 1 PUFF EVERY FEW MINUTES UNTIL RELIEF OR HELP ARRIVES.



PREVENTER (reduces swelling & mucus) \_\_\_\_\_  
(rinse mouth following)

RELIEVER (relaxes muscles around airways) \_\_\_\_\_

ASTHMA EDUCATION CENTRE  
QUEEN ELIZABETH HOSPITAL

Phone: (902) 894-2240

Fax: (902) 894-2429