

My Asthma Action Plan

A community resource



Well controlled

Breathing well and living life well.

Need blue puffer less than 2 times a week.





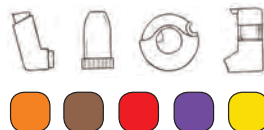
Not so good / Worsening

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.

What to do in an asthma emergency

A community resource

Signs of very dangerous asthma



1

Sit up.



2



Take 4 puffs of blue puffer with a spacer. Take 4 breaths 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.

