Asthma Action Plan

**Stable Asthma**
- **YOUR ASThma IS WELL-CONTROLLED IF YOU:**
  - Can take part in normal physical activity
  - Are using your "reliever" puff no more than 3 doses / week (plus up to 1 dose/day before exercise)
  - Are having NO asthma symptoms while sleeping
  - Have not missed any school or work due to asthma

**Asthma Caution**
- **THE FOLLOWING SYMPTOMS SUGGEST THAT YOUR ASTHMA IS WORSENING:**
  - Using your "reliever" puff more than 3 doses / week (not including 1 dose/day before exercise)
  - Having any asthma symptoms while sleeping
  - Missing any school or work due to your asthma
  - Unable to do usual activities / sports
  - Feeling the onset of a cold / flu

**IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS YOU MUST FOLLOW THESE INSTRUCTIONS TO PREVENT YOUR ASTHMA FROM GETTING DANGEROUSLY WORSE:**

1. **ENSURE THAT YOU ARE**
   - Taking your medications regularly as prescribed
   - Using your inhalers correctly
   - Avoiding your asthma triggers

2. **TO BE COMPLETED BY YOUR HEALTH CARE PROVIDER (SELECT ONE OR MORE OPTIONS BELOW):**
   - Increase dose* of my __________ to __________ puffs __________ times daily only until symptoms are stable again (see above).
     *(inhaler steroid/preventer)*
     *Evidence suggests that if patient is taking regular medications as prescribed, doubling of dose is not effective. An increase of 3-4 X may be necessary.*
   - Start taking PREDNISONE tablets at __________ mg daily* until symptoms are stable again (see above).
     *Usually will take a minimum of 5 days of treatment (common doses = 30-60 mg /day for adults; 1-2 mg /kg /day for children).*
   - Other ____________________________

   *It may take a few days for symptoms to improve after making these medication changes.*

**Asthma Alert!**
- **IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS YOU ARE IN DANGER OF A POTENTIALLY LIFE-THREATENING ASTHMA ATTACK:**
  - Unable to speak
  - Experiencing constant shortness of breath (even at rest)
  - Lips and / or fingernails are blue
  - "Reliever" medication is not helping
  - Previous experience tells you this is a very severe attack

- **Contact my doctor (or go to a walk-in clinic):**
  - If I am not sure what to do
  - If I am feeling worse
  - If I am not getting better

- **See "Asthma Alert" below about when to call 9-1-1.**

- **Proceed to the nearest emergency department**
- **Do not drive on your own (call 9-1-1 if necessary)**
- **Use your "reliever" puffer as often as you need until help arrives**

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