My Asthma Action Plan

MY NAME:	
MY PROVIDER'S NAME:	PHONE:
MY PHARMACY:	_PHONE:

WHAT IS A CONTROLLER MEDICINE?

Controller medicines help prevent asthma symptoms. Use them each day as prescribed by your provider. Talk to your provider about how long your medicine will last. Refill your medicine 5 to 7 days before it is gone.

WHAT IS RESCUE OR QUICK **RELIEF MEDICINE?**

Rescue or quick relief medicines act quickly to open the airways and make it easier to breathe. Use these medicines to treat an asthma attack. They relieve symptoms like shortness of breath, coughing, chest tightness or wheezing. This medicine will not help to control your asthma.

WHAT ARE COMMON ASTHMA TRIGGERS?

- Exercise
- Pet dander
- Illness or colds
- Dust
- Pollen
- Emotions
- Mold or mildew
- Certain foods
- Tobacco or wood smoke
- Strong odors

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Do you have health questions?

Call our 24-hour Nurse Advice Line. We are here to help you. English: (888) 275-8750 Español: (866) 648-3537 TTY/TDD: 711

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WHAT ARE MY ASTHMA TRIGGERS?



My Asthma Action Plan



Breathing is good

I FEEL WELL

- No cough, wheeze or shortness of breath
- Can work and play

My Best Peak Flow is:

_ to _

My Peak Flow Number

I take these long-term controller medicines each day:				
Medicine	How Much:	Take When:	Last Filled On:	Need a Refill On:
			//	//
			//	//
			//	//
			//	//
Before exercise,	I take:			
Medicine	How Much:	Take When:	Last Filled On:	Need a Refill On:
			//	//

I DO NOT FEEL WELL

__to __

- Cough, wheeze, shortness of breath or chest tightness
- Hard to breathe
- Wake up at night

My Peak Flow Number

Medicine How Much: Take When: Last Filled On: Need a Refill On: _/___/___ /___/

In addition to my long-term controller medicine each day, I take these relief medicines when

Call your provider if you have these symptoms often, or if your relief medicine does not work.

I FEEL AWFUL

- Medicine not helping
- Breathing hard, fast
- Can't talk or walk well
- Very short breaths

My Peak Flow Number

to

Medical	Alert -	Get Help	Now!	
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Medicine

my asthma gets worse:

In addition to my long-term and relief medicines, I take these medicines until I can talk to my provider:

How Much:	Take When:	Last Filled On:
		//
		//
		//
		, ,

eed a	Refill On:
/	/
/	/
/	/
/	/

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Call 911 if your asthma attack is severe and does not improve.

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