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

WHAT ARE IVIT ASTRIVIA TRIUGERS:				

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600	 I FEEL WELL Breathing is good No cough, wheeze or shortness of breath Can work and play 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://// Need a Refill On://
ÓÒ	I DO NOT FEEL WELL Cough, wheeze, shortness of breath or chest tightness Hard to breathe Wake up at night My Peak Flow Numberto	In addition to my long-term controller medicine each day, I take these my asthma gets worse: Medicine How Much: Take When: Last Filled On:	Need a Refill On://
	I FEEL AWFUL Medicine not helping Breathing hard, fast Can't talk or walk well Very short breaths My Peak Flow Number	Medical Alert - Get Help Now! In addition to my long-term and relief medicines, I take these medicines Medicine How Much: Take When: Last Filled On:	until I can talk to my provider: Need a Refill On: —// —// —// —//