

I take my usual asthma medicines when my asthma is fine

My Controller Inhaler

Name:
Colour:
This is how often I take my controller, even when I am feeling fine:

My Rescue Inhaler

Name:
Colour:
This is how often I take my rescue inhaler, but only when it's hard to breathe, when I cough, wheeze or my chest hurts:

Other medicines I take everyday:

Notes

I know my asthma is getting worse when:

- It's hard for me to breathe or my chest hurts or I cough a lot
- I'm getting a cold or virus
- I need my rescue inhaler 2 or more times a week
- I wake up at night because of my asthma 1 or more nights a week
- I get asthma symptoms if I do any physical exercise
- I miss school because of asthma
- I was exposed to an asthma trigger

- This is how often I take my controller inhaler when my asthma is getting worse:

- And this is how often I take my rescue inhaler when my asthma is getting worse:

Notes

I have to go see a doctor if I don't feel better in 2-3 days

I'm having an asthma attack & need help when:

- My rescue inhaler is only working for less than 3 hours
- I'm having a hard time speaking because of asthma
- I'm having a hard time breathing even when I rest
- My lips or nails are turning blue
- I can't stop coughing or wheezing



Emergency: 911 or _____

Notes

I need to make an appointment with my doctor when I'm better

These are my asthma triggers:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Asthma Control

My asthma is not well controlled if any of these are happening:

- 1. I use 2 or more puffs of my rescue inhaler per week.
- 2. I wake up at night because of asthma.
- 3. I have to use my rescue inhaler when I do physical activities.
- 4. I have to miss school because of asthma.
- 5. I have daytime asthma symptoms 2 or more times per week.



Ask a trained health professional to check if you're using your inhalers properly!

My doctor's name and phone number:

Where is my closest hospital?

My emergency contact's name and phone number:

I have to get an asthma check-up at least once a year or more if my asthma is not in control!

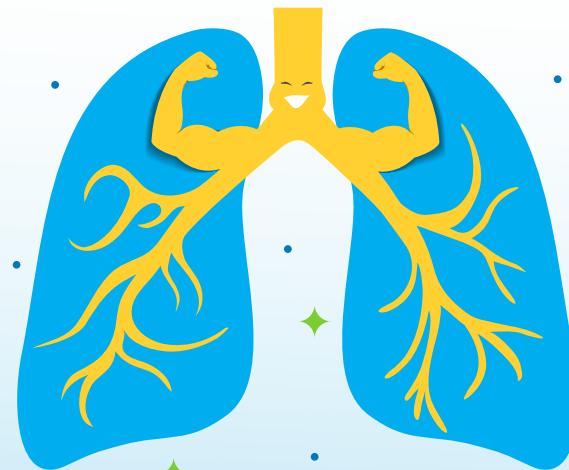
Date of next asthma review:

Always use a spacer with your inhaler so you get the right amount of medicine!



Call Asthma Canada's FREE **Asthma & Allergy HelpLine** to learn more about asthma!

1-866-787-4050
or email us at info@asthma.ca



MY ASTHMA ACTION PLAN

Name: _____

Phone: _____

Date: _____