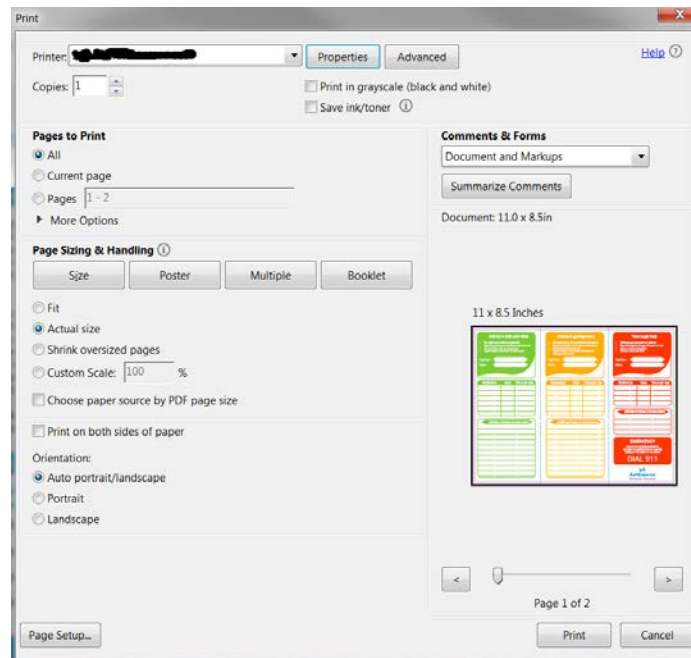


## Asthma Action Plan: How to Print

1. Download the Asthma Action Plan to your computer in your desired language.
2. Open the Asthma Action Plan using Adobe Acrobat Reader. If you do not have the program installed, you can download it for free from Adobe's website: <https://get.adobe.com/reader/>.
3. Go to "File" and click "Print".
4. Under "Properties", uncheck "Black and White Print". Select "OK".
5. Under "Page Size & Handling" and the bottom of the preview tab, click on the "Size" button and select "Actual Size", "Print on both sides of paper", and "Auto portrait/landscape".
6. Check to make sure your settings look the same as the image below.



7. Hit "Print" to print your Asthma Action Plan.
8. Once your Asthma Action Plan has printed, fold along the dotted lines to complete it!