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:

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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 3 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:

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

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

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Notes

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I need to make an appointment with my doctor when I’m better
Asthma Control

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

1. I use 3 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 3 or more times per week.

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

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

These are my asthma triggers:

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

My doctor’s name and phone number:

Where is my closest hospital?

My emergency contact’s name and phone number:

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MY ASTHMA ACTION PLAN

Name: ________________________
Phone: ______________________
Date: ________________________