

## Asthma is well controlled

- No night-time asthma symptoms
- Daytime symptoms less than **2** times/week
- Can exercise with no symptoms
- Need reliever less than **2** times/week

Peak flow:

Other:

Medication	Dose	Times per day

### Additional Notes & Instructions

## Asthma is getting worse

- Disrupted sleep due to asthma symptoms
- Daytime symptoms **2** or more times/week
- Cannot exercise normally
- Need reliever more than **2** times/week
- Getting a cold or flu

Peak flow:

Other:

Medication	Dose	Times per day

### Additional Notes & Instructions

## Time to get help

- Difficulty speaking due to asthma
- Experiencing shortness of breath at rest
- Lips or nails turning blue
- Reliever does not work

Peak flow:

Other:

Medication	Dose	Times per day

### Additional Notes & Instructions

## EMERGENCY

Severe breathing problems  
Symptoms getting worse quickly  
Reliever has little or no effect

# DIAL 911

## What is an Asthma Action Plan?

Your Asthma Action Plan is your personalized guide for managing asthma when it gets out of control. Work with your healthcare provider to fill out your plan and take it with you when you visit your doctor for regular review.

Your Action Plan should help you recognize the early warning signs of an asthma exacerbation so you can take the appropriate steps to prevent a full-blown attack. It helps you take control of your asthma, know when to increase or decrease your medications and decide when to seek emergency help.

This Action Plan is a guide only. Always see your doctor if you are unsure of what to do.

## Asthma Control

Your asthma is not well controlled if you answer 'yes' to any of the following:

1. Do you use **two** or more puffs of your rescue inhaler per week?
2. Do you wake up at night because of asthma symptoms?
3. Do you stop exercising because of asthma?
4. Do you miss school or work because of asthma?

**Pro Tip:**  
Ask your healthcare provider to check your inhaler technique!

Name:

Email:

Date:

Physician Name & Phone:

Closest Hospital:

Emergency Contact Name & Phone:

**Pro Tip:**  
Using a spacer or valved-holding chamber with your asthma inhaler will make it easier to get the right amount of medicine you need & reduce some side-effects!



Call Asthma Canada's FREE  
**Asthma & Allergy HelpLine**  
to speak to a  
Certified Respiratory Educator

**1-866-787-4050**  
or email us at [info@asthma.ca](mailto:info@asthma.ca)



**MY ASTHMA ACTION PLAN**



**Asthma.ca**<sup>™</sup>  
Asthma Canada

