







At Your Next Asthma Healthcare Visit*, Discuss:

Do you regularly:	Yes	No
 Experience coughing or wheezing ?	<input type="checkbox"/>	<input type="checkbox"/>
 Have your sleep disturbed by asthma, waking you up or keeping you awake at night?	<input type="checkbox"/>	<input type="checkbox"/>
 Struggle to breathe during physical activity ?	<input type="checkbox"/>	<input type="checkbox"/>
 Miss work or school because of asthma?	<input type="checkbox"/>	<input type="checkbox"/>
 Use your reliever inhaler (usually blue or red) more than twice a week?	<input type="checkbox"/>	<input type="checkbox"/>
 Take oral corticosteroids to manage your asthma?	<input type="checkbox"/>	<input type="checkbox"/>

* Planned/unplanned visits to your family doctor, specialist, or hospital about your respiratory health.

Why these answers matter:

Answering “yes” to any of these is a sign your asthma is not well controlled, and it is important to take steps to manage it better.




Ask your healthcare provider to check your **inhaler technique** to ensure you're getting the most from your asthma medication (tip: your pharmacist can also assess your technique).



Remember: have your asthma checked at least once a year.

What Is My Asthma Action Plan?

It is your personalized guide to help you identify when your asthma is under control, when it's not, and when to seek medical attention.

-  Complete your plan with your healthcare provider and review it at every check-up.
-  Make sure you can access it at all times, especially when travelling. E.g, save a copy on your phone or keep one in your car.
-  Remember to keep an eye on your plan to ensure your asthma remains well controlled.

Asthma Canada Is Here To Support You!

At Asthma Canada, we are the national charity dedicated to enhancing the lives of people living with asthma. Our website offers a wealth of information and resources to help you manage your asthma and improve your quality of life:



www.asthma.ca



Or if you'd like to speak to a Certified Respiratory Educator (CRE) about your asthma, connect with our FREE **Asthma & Allergy HelpLine:**



info@asthma.ca



1-866-787-4050

Asthma.ca
Asthma Canada

Charity #: 898537048RR0001

My Asthma Action Plan:

My personal guide for keeping well with asthma

My Details:

Name:

Phone number:

Asthma last reviewed: (YYYY-MM-DD)

My Emergency Contact:

Name:

Phone number:

My Healthcare Provider:

Name:

Phone Number:

My Asthma Triggers Include:

E.g., pollen, cold air, cats, stress

Know | Reduce | Avoid



Following your Asthma Action Plan can help reduce your risk of ER visits/hospitalizations and improve your overall health.

GREEN ZONE: GOOD

My asthma is **well-controlled** when:

- I have no night-time asthma symptoms.
- I experience daytime symptoms less than twice a week.
- I can exercise without any symptoms.
- I need my reliever less than twice a week.

My Peak Flow is between:

&
100% (Personal Best): 80%

When in the **GREEN** zone, I should take:

Medication	How Much	When

Use a spacer if available & recommended

Notes & Instructions

TIP: Carry your rescue inhaler at all times, even when feeling well.

YELLOW ZONE: CAUTION

My asthma is **getting worse** when:

- My sleep is disturbed due to asthma symptoms.
- I have symptoms during the day more than twice a week.
- I cannot exercise normally.
- I need my reliever more than twice a week.
- I'm getting a cold or flu.

My Peak Flow has dropped between:

&
80% 60%

When in the **YELLOW** zone, I should take:

Medication	How Much	When

Use a spacer if available & recommended

Notes & Instructions

TIP: If you are frequently in the yellow zone, speak to your doctor about your asthma control.

RED ZONE: DANGER

It's time to **get help** when:

- I have difficulty speaking due to asthma.
- I'm experiencing severe breathing problems and shortness of breath even at rest.
- My lips or nails are turning blue/grey.
- My symptoms are getting worse quickly.
- My rescue medication is not really helping.

My Peak Flow has dropped under:

60%

When in the **RED** zone, I should take:

Medication	How Much	When

Use a spacer if available & recommended

⚠ In an asthma attack:

- C** Try to keep **CALM**.
- A** Sit up straight and try to breath slowly to ensure **AIR** reaches your lungs.
- R** Use your **RESCUE MEDICATION** (usually blue or red) as outlined above.
- E** **EMERGENCY:** Call **911** if you cannot find your rescue inhaler or no improvement after using it.

After an asthma attack **update your Asthma Action Plan** with your healthcare professional