

## At Your Next Asthma Healthcare Visit\*, Discuss:

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

\* 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](http://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](mailto: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