

# ASTHMA ACTION PLAN FOR:

Name: \_\_\_\_\_



allergy foundation south africa

<http://www.allergyfoundation.co.za>



Asthma sufferers can:

- Have NO Symptoms
- Have a normal lifestyle, playsport and sleep well.
- Haveasfewacuteattacksaspossible
- Miss little or no school and work
- Haveyourbestpossiblepeakflow

- Take your controller medication every day whether you feel well or unwell.
- Visit the Doctor /Asthma Clinic twice a year even if asthma is well controlled.
- Take your medication/pumps/spacers with you to every doctors/nurses visit.
- Take this plan to each visit so it can be updated.
- Take your asthma diary to each visit.

Doctor's Phone No: \_\_\_\_\_

Hospital Phone No: \_\_\_\_\_

Date \_\_\_\_\_

Normal Peak flow

\_\_\_\_\_

Best Peak flow

\_\_\_\_\_

## GREEN ZONE - GO

This is where you want to be most of the time.

Your asthma is under control when:

- No cough or wheeze
- Can play games and sport normally
- No sleep disturbance
- Using reliever less than 3 times a week

**AND Peak flows are greater than 80%**

## ORANGE ZONE - CAUTION

Your asthma is not under control/getting worse when:

- Cough, wheeze or tight chest
- Waking at night with asthma symptoms
- Need to use the reliever inhaler more than 3 times a week
- Problems playing or doing sport

**OR Peak flow recordings are between (50%) and (80%)**

## RED ZONE - RED ALERT!

Your asthma is critical/dangerous when:

- Breathing is hard and fast
- Can't talk easily or feed easily
- Severe shortness of breath
- The reliever pump is not helping

**OR Peak flow is below 50%**

Follow the Red Zone Action and see a doctor immediately or go to the closest emergency room.

## ACTION: TAKE NORMAL MEDICINES

1. Controller

Strength \_\_\_\_\_

Your device is \_\_\_\_\_

Take \_\_\_\_\_ puffs \_\_\_\_\_ every day

2. Other Medicines

Medicine \_\_\_\_\_

Dose \_\_\_\_\_

When \_\_\_\_\_

3. Reliever \_\_\_\_\_

Device \_\_\_\_\_

Take \_\_\_\_\_ puff(s) as required

And if necessary take \_\_\_\_\_ puffs 10-15 minutes before sport or activity

## ACTION

**Increase** the reliever inhaler to \_\_\_\_\_

puffs four times per day until you are back in the green zone.

**Continue** to take your controller inhaler as normal to prevent your symptoms.

**Other action:** \_\_\_\_\_

If there is no improvement, medication may need to be changed, so make an appointment to see your Doctor or Asthma Nurse.

Follow the advice in this plan and fill in a symptom and medication diary every day, and take it with you to the Dr or Asthma Nurse.

## ACTION

**Call an ambulance or go to the doctor**

**NOW**, even if symptoms get better!

**Take 1 dose/puff of reliever every minute**

**for 10 minutes.** Use a spacer if you have one. **Repeat this** if there is no improvement, as often as you need.

**While waiting:** Give one puff of reliever every minute for 10 minutes using a spacer if you have one.

- If you have steroid tablets or syrup give them now. Your dose is \_\_\_\_\_
- Keep calm.
- Sit up to help breathe and loosen clothing.

fold

fold