

## My asthma triggers:

Use the space below to take notes or to list things that make your asthma worse. Make note of how you can eliminate, reduce, or avoid triggers.



I will see my provider at **least once a year** (or **more if I need to**).

Date my plan was updated:

Date of my next asthma review:

Provider contact info:

### A note for parents and caregivers:

- Take a photo of this action plan and keep it on your child's mobile devices as well as your own.
- Keep a copy on your fridge door.
- Share your child's action plan with their school, child care provider, and with others before and after school caregivers.

Learn more at:  
[health.mn.gov/asthma](http://health.mn.gov/asthma)  
[health.asthma@state.mn.us](mailto:health.asthma@state.mn.us) | 651-201-5909



# ASTHMA ACTION PLAN FOR YOUTH

Fill this in with your medical provider.

Name and date:



# 1. My every day asthma care

## I need to take my controller inhaler every day.

It is called:

and its color is:

I take \_\_\_\_\_ puff(s) of my controller inhaler in the morning and \_\_\_\_\_ puff(s) at night. I do this every day even if my asthma is ok.

**Other asthma medicines I take daily are:**

## My quick-relief inhaler helps when I have symptoms.

It is called: \_\_\_\_\_

and its color is: \_\_\_\_\_

I take \_\_\_\_\_ puff(s) of my quick-relief inhaler when I wheeze or cough, my chest hurts or it's hard to breathe.



**I will always keep my quick-relief inhaler and my spacer with me.**

# 2. My asthma is getting worse if...

- I wheeze, cough, my chest hurts, or its hard to breathe or
- I need my quick-relief inhaler three or more times per week or
- I'm waking up at night because of my asthma (this is an important sign and I will book a next day appointment with provider or nurse).

## If my asthma gets worse, I will:

- If my asthma gets worse, I will:
- Take my controller medicines as normal.
- And also take \_\_\_\_\_ puff(s) of my quick-relief inhaler every four hours if needed.
- See my provider or nurse within 24 hours if I don't feel better.
- Other things my provider recommends are:

\_\_\_\_\_

\_\_\_\_\_

# 3. I'm having an asthma attack if...

- My quick-relief inhaler isn't helping or I need it more than every 4 hours or
- I can't talk, walk, or eat easily or
- I'm finding it hard to breathe or
- I'm coughing or wheezing a lot or my chest is tight/hurts

## If I have an asthma attack, I will:

1. Call for help.
2. Sit up - do not lie down. Try to keep calm.
3. Take one puff of my quick-relief inhaler (with my spacer, if I have it) every \_\_\_\_\_ seconds up to a total of \_\_\_\_\_ puffs.
4. If I don't have my quick-relief inhaler, or it's not helping, or if I am worried at any time, I will call 911.
5. If help has not arrived after 10 minutes and my symptoms are not improving, repeat step 2.
6. If my symptoms are no better after repeating step 2, and help has not arrived yet, contact 911 again.



**Even if I start to feel better, I don't want this to happen again; I need to see my provider.**

# Urgent!

**If your quick-relief inhaler is not lasting 4 hours, you need to take emergency action now! See Section 3.**