#### 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 nedd to).

Date my plan was updated:

Date of my next asthma review:

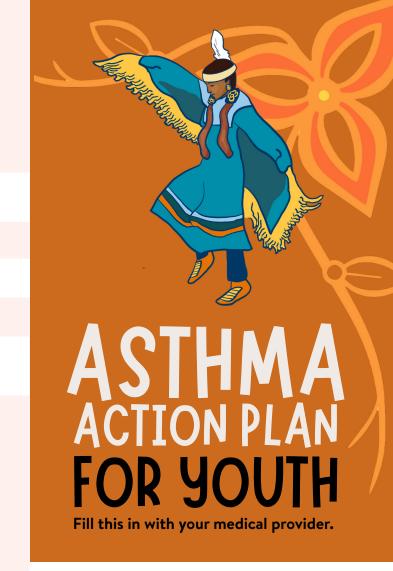
Provider contact info:



- 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
health.asthma@state.mn.us | 651-201-5909





Name and date:





### 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:	
•	

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



and its color is:

I will always keep my quickrelief 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 quickrelief 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:

## **Urgent!**

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

### 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.
- 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.