

Asthma Action Plan



Name: _____ Provider phone #: _____

Birth date: _____ Known asthma triggers to avoid: _____

Date: _____

Parent/guardian phone #: _____

GO – You’re Doing Well!

You can do all of these:

- Breathe easily
- Not cough, wheeze or have tightness of chest
- Sleep all night long
- Play

TAKE THESE CONTROLLER MEDICINES EVERY DAY

Daily Medicine	Amount	How Often
Peak Flow: More than _____		

CAUTION – Slow Down!

You have any of these:

- First signs of a cold
- Exposure to known trigger(s)
- Cough and wheeze
- Tightness in chest
- Some effort when playing

CONTINUE WITH DAILY MEDICINE AND ADD:

Rescue Medicine	Amount	How Often
Peak Flow: _____ to _____		

DANGER – Get Help!

Your asthma is getting worse fast:

- Rescue Medicine is not helping
- Breathing is hard and fast (shortness of breath)
- Slurred speech and nerves
- Symptoms getting worse
- **Call a doctor immediately!**

TAKE THESE MEDICINES AND SEEK MEDICAL HELP NOW!

Rescue Medicine	Amount	How Often
Peak Flow: Less than _____		

1. Adapted from <http://www.cdc.gov/asthma/actionplan.html>
2. Adapted from <https://www.maine.gov/dhhs/mecdc/population-health/mat/information-and-publications/asthma-action-plans.shtml>



Sunshine Health provides free aids and services to people with disabilities, such as qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic and formats), and free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

This information is available for free in other languages. Please contact Member Services at 1-866-796-0530, TTY 1-800-955-8770 Monday through Friday, 8 a.m. to 8 p.m.

Esta información está disponible en otros idiomas de manera gratuita. Comuníquese con nuestro número de servicio al cliente al 1-866-796-0530, TTY 1-800-955-8770 de lunes a viernes, de 8 a.m. a 8 p.m.

Si oumenm, oubyen yon moun w ap ede, gen kesyon nou ta renmen poze sou Sunshine Health, ou gen tout dwa pou w jwenn èd ak enfòmasyon nan lang manman w san sa pa koute w anyen. Pou w pale avèk yon entèprèt, sonnen nimewo 1-866-796-0530 (TTY 1-800-955-8770).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Sunshine Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-796-0530 (TTY 1-800-955-8770).