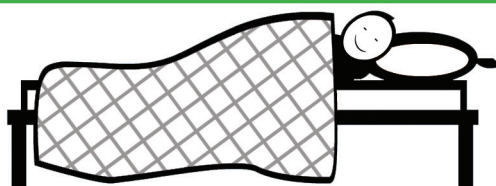


Little Asthma Action Plan for: \_\_\_\_\_ Date: \_\_\_\_\_

Goal: \_\_\_\_\_



### Controller (Every day)



# of Puffs



# of Puffs



medicine / dose / colour

medicine / dose / colour

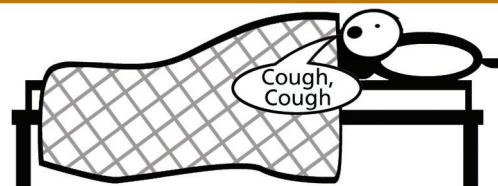
### Reliever (When you need it)



# of Puffs



medicine / dose / colour



### Controller (# of days \_\_\_\_\_)



# of Puffs



# of Puffs



medicine / dose / colour

medicine / dose / colour

### Reliever (Can use every 4 hours)

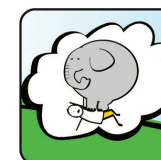


# of Puffs



medicine / dose / colour

See a doctor if you are not better in 2-3 days



### See a Doctor soon if:

- your asthma symptoms are not getting better, even with more medicine
- you need your reliever medicine more often



### Go to Emergency if:

- reliever medicine does not last at least 3 hours
- skin at the base of the neck, between ribs or below the breast bone pulls in with breathing
- children have no energy to play or move around
- babies refuse to eat or drink



### Call 911 if:

- very serious symptoms – breathing very fast, gasping for breath, having difficulty speaking, blue-grey lips or fingernails
- give reliever medicine every few minutes until help arrives
- comfort your child by trying to stay calm until help arrives



Questions or concerns? In Alberta, call  **811** Health Link for the 24/7 health information and advice line

Health Advice 24/7

# My Asthma Calendar

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

Goal: \_\_\_\_\_

Use this calendar to record:



Your asthma symptoms



When you take your medicine(s)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1								
Week 2								
Week 3								
Week 4								

JULY 2016

Remember to bring all your asthma medicine and devices to every asthma appointment, even if you are not taking them right now.

For more information visit [www.ucalgary.ca/icancontrolasthma](http://www.ucalgary.ca/icancontrolasthma)

