

A Little Asthma Action Plan for: _____ Date: _____ Goal(s): _____



Controller (Every day)



_____ / _____ / _____
medicine dose colour

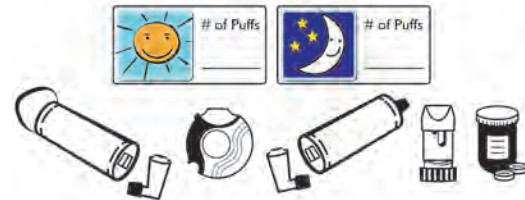
_____ / _____ / _____
medicine dose colour

Reliever (When you need it)



_____ / _____ / _____
medicine dose colour

Controller



_____ / _____ / _____
medicine dose colour

_____ / _____ / _____
medicine dose colour

Reliever (Can use every 4 hours)



_____ / _____ / _____
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



Control Asthma Now!

Living with Asthma

www.ucalgary.ca/icancontrolasthma



January 2023

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



Control Asthma Now!

Living with Asthma

Asthma can make it hard to breath and can cause coughing, wheezing, shortness of breath or tightness in your chest.

Avoid Your Triggers

Asthma Triggers	What Can You Do?
Tobacco Smoke	Don't smoke. Never allow smoking in your home or car.
Colds & Flu	Wash hands often. Follow your Asthma Action Plan at the first sign of a cold or flu.
Pet Dander	Avoid pets with fur, hair or feathers. Wash pets regularly.
Pollen	Close windows during pollen season (Spring and Fall). Use air conditioning in your car or home. Avoid freshly cut grass.
Mould	Avoid rotting leaves, garden waste and brown grass in the Spring and Fall. Keep humidity below 50% in your home. Keep bathrooms and basements dry.
Dust Mites	Wash bedding in hot water. Vacuum and dust often. Use mite-proof covers for pillows and mattresses.
Strong Smells	Avoid fumes and chemicals when you can.
Weather	Changes in the weather can trigger asthma. Stay inside when outside weather may trigger your asthma.
Air Pollution	Stay indoors when air quality may trigger your asthma. Avoid campfire smoke.
Emotions	Try to avoid stressful situations. Learn to manage stress.

Activity

Exercise regularly for good health. Use your reliever medicine 10-15 minutes before exercise if you need it.

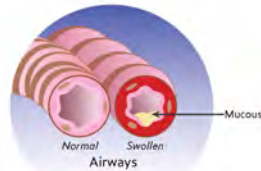
Medicines

Asthma medicines have been used for many years and have proven to be safe and effective.

There are two types of inhaled medicines, "controllers" and "relievers."

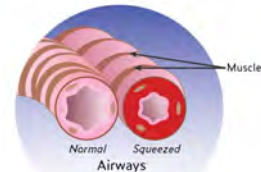
Controllers

- Controller medicines are corticosteroids to help heal and reduce swelling and mucus in your airways, making them less sensitive to triggers
- Take every day, even when you have no symptoms, to help keep your asthma well controlled



Relievers

- Reliever medicines temporarily relax the muscles around your airways to reduce symptoms like coughing, wheezing, shortness of breath or tightness in your chest
- Use when you need it



Important Reminders

- Know when your medicines are empty or expired
- Replace spacer if valves are missing or broken
- Bring ALL your asthma medicines to every asthma appointment.

This information is provided by the Community Pediatric Asthma Service, a program to help children and families learn to control asthma.

Visit our website at

www.ucalgary.ca/icancontrolasthma

Take Your Inhalers Properly

It's important to use your inhaler properly so the most medicine can reach your lungs. See videos on our website under the "Devices" tab. Show your health provider how you use your inhalers.

INHALER WITH SPACER AND MASK (UP TO 4 YEARS)



INHALER WITH SPACER AND MOUTHPIECE (4+ YEARS)



DISKUS (6+ YEARS)



TURBUHALER (6+ YEARS)



TWISTHALER (6+ YEARS)



NASAL SPRAY



Asthma Control

Asthma is well controlled when you have:

- No daytime symptoms
- No nighttime symptoms
- No limits to normal physical activity
- No missed school or work
- No need for reliever medicine except sometimes for exercise

Steps to take...

- 1) Avoid your triggers
- 2) Use your medicines
- 3) Take your inhalers properly
- 4) Follow your Asthma Action Plan

You CAN control your asthma now!