## **ASTHMA ACTION PLAN** Take me when you visit your doctor



	Name:		EMERGENCY CONTACT Name:
	Plan date: Review date:		
oto (optional)	Doctor details:		Phone:
			Relationship:
🗹 needing reli	n 2 days/week it night vhen I wake up y activities		
<ul> <li>needing relievent than usual OR</li> <li>woke up overne had asthma we can't do all me</li> </ul>	y activities ; (if used) between and		
<ul> <li>reliever medic</li> <li>woke up frequ</li> <li>had asthma w</li> <li>difficulty bread</li> </ul>	thing (if used) between and	TAKE reliever Name START other medic Name/dose/days/other treat	t to see my doctor <u>TODAY</u> hospital ONS
	culty breathing s out of control lue		CALL AMBULANCE NOW Dial Triple Zero (000) CTART ASTHMA FIRST AID urn page for Asthma First Aid

If you are using a dual purpose reliever, your doctor will discuss the correct plan for you. v19 Updated 13 October 2023

## **ASTHMA FIRST AID**

## **Blue/Grey Reliever**

Airomir, Asmol, Ventolin or Zempreon and Bricanyl Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma

