

Asthma Action Plan



Everyone with asthma needs an Asthma Action Plan.
Use this page to make yours!

MY MEDICINES:

What to take (inhaled)

How much

When

Long-term control / preventive

Quick-relief / rescue:

DOING WELL	KEEP using your long-term control medicine(s):		
When you have all of these:	Medicine options	How much	When
<input type="checkbox"/> No cough, wheezing, chest tightness or trouble breathing at any time <input type="checkbox"/> Can do all the things you usually do	Fluticasone	As prescribed	As prescribed, usually every 12 hours
	Fluticasone/salmeterol		
	Budesonide/formoterol		

GETTING WORSE	ADD quick-relief to your long-term medicine(s):		
If you have ANY of these:	Medicine options	How much	When
<input type="checkbox"/> Cough, wheezing, chest tightness or trouble breathing <input type="checkbox"/> Waking up at night because of asthma <input type="checkbox"/> Can't do some of the things you usually do	Albuterol HFA 90 mcg	1-2 puffs	Every 4-6 hours as needed
	Albuterol 0.083% nebulizer solution	3 mLs in nebulizer	
	<input type="checkbox"/> Contact your provider if your symptoms do not improve after using your quick-relief medicine.		

MEDICAL ALERT	GO to the Emergency Room, KEEP taking medicines		
If you have ANY of these:	Medicine options	How much	When
<input type="checkbox"/> A lot of trouble breathing <input type="checkbox"/> Quick-relief meds don't help <input type="checkbox"/> Can't do any of the things you usually do <input type="checkbox"/> In the yellow zone for 24 hours and not getting better	Albuterol HFA 90 mcg	1-2 puffs	Every 4-6 hours as needed
	Albuterol 0.083% nebulizer solution	3 mLs in nebulizer	
	<input type="checkbox"/> DO NOT WAIT! Go directly to the Emergency Room. <input type="checkbox"/> Schedule an appointment with your Asthma Care Provider within 2 days after a visit to the Emergency Room or hospital.		

Questions? You can always use K Health to chat with your doctor to understand your unique Asthma Action Plan. For more info on Asthma Action Plans visit the [CDC](https://www.cdc.gov/asthma).