

Directions to create a small Asthma Reference Guide: (1) Cut on the grey solid line, then fold on the blue dotted lines in the order listed: (2), (3) then (4).

(3) fold on  
blue dotted line

(4) fold on  
blue dotted line

(1) cut out on  
grey solid line

### What is an asthma trigger?

People with asthma have sensitive airways. Triggers are things in both inside and outside air that irritate sensitive airways and can cause an asthma attack.

**My Triggers are:**

---

---

---

---

---

---

---

---

### Office visit checklist

- ☐ A list of ALL the medicine you take.
- ☐ Your daily asthma diary, if you have one.
- ☐ A list of problems or questions you have about your asthma symptoms, medicine or side effects.
- ☐ Let your healthcare provider know if you have trouble paying for your medicine or office visits.
- ☐ If you need an interpreter let them know when you schedule your appointment.

### Contact phone numbers

Doctor

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

Phone: \_\_\_\_\_

- Day \_\_\_\_\_

- Night & \_\_\_\_\_

Weekend \_\_\_\_\_

Pharmacy

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

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Clinic

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

Hours Open: \_\_\_\_\_

Phone: \_\_\_\_\_



Asthma  
Program

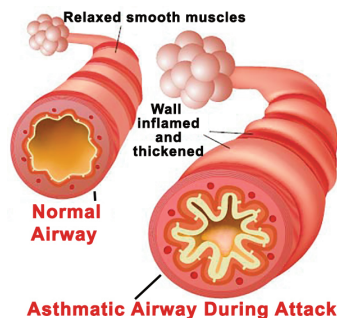
Reference Guide



(2) fold on  
blue dotted line

### What is asthma?

- Asthma is a chronic (long-term) disease that swells and narrows the airways in your lungs. You have asthma even when you have no symptoms. You can treat asthma and live a normal life.



### Is your asthma under control?

#### Do you?

- Use your rescue inhaler more than two times a week?
- Wake up at night coughing more than two times a month?
- Need more than two rescue inhalers a year?

Your asthma is NOT UNDER CONTROL if you answered YES to any of the above questions.

Tell your healthcare provider about your YES answers.

### Asthma is an emergency if you have:

- Trouble breathing.
- Been struggling to take a breath and are hunched over.
- Your chest and neck muscles pull in with a breath.
- Trouble walking or talking.
- Asthma symptoms that do not go away 15 to 20 minutes after using a rescue inhaler.
- To stop activity to rest.
- Blue or gray lips or nails **call 911.**

Rev. 11/2017

### Asthma medicine daily medicine:

#### Long-term controller medicine

(QVAR Symbicort Flovent Advair Dulera)

- Medicine you take every day, even when you feel good.
- Takes a week or more to work.
- Makes your airways less swollen.
- Does not work fast.
- It is not for asthma attacks.

#### Rescue inhaler

(Ventolin ProAir Proventil Xopenex)

- Medicine you take for an asthma attack.
- Relieves symptoms in minutes.
- Relaxes muscles around the airways so they can open up.
- Tell your healthcare provider if you use a rescue inhaler more than twice a week.

# Asthma Action Plan

**GO**

## MAINTAIN THERAPY

### DOING WELL

- No trouble breathing
- No cough
- No tight chest
- Sleeps well
- Works and plays

## Daily Medicine

Medicine Name	How Much	How Often

**CAUTION**

## STEP UP THERAPY

### GETTING WORSE

- Cough
- Tight chest
- Wake up at night
- Problems working or playing

**If not feeling better in 1 day, call your doctor or go to the clinic.**

## Take Your Rescue Medicine & Daily Medicine

Medicine Name	How Much	How Often

**STOP**

## GET HELP

### DANGER SIGNS

- Trouble breathing
- Trouble talking
- Stop all work or play
- Chest tight
- Lips and nails gray or blue

## Emergency Action

Take \_\_\_\_\_ rescue medicine \_\_\_\_\_ puffs  
Name of Medicine Number of Puffs  
 every \_\_\_\_\_ minutes then **Call 911 or EMS.**