

Asthma Action Plan for Children and Young People

Name _____

Date _____

WHEN WELL

Preventer (if prescribed)

_____ Use _____ times a day
_____ Use _____ times a day

Reliever

_____ Use _____
Take only when necessary for relief wheeze or cough

Before exercise take

Use _____ 10 minutes before exercise

WHEN NOT WELL

At first sign of a cold or a significant increase in wheeze or cough, take:

Reliever:

_____ Use _____ times a day

Preventer:

_____ Use _____ times a day
_____ Use _____ times a day

When your symptoms get better, return to the doses you take when well.

IF SYMPTOMS GET WORSE, THIS IS AN ACUTE ATTACK

Extra steps to take

Emergency Reliever Medication

Emergency Oral Steroid Medication

**If your child is requiring Reliever Medication every 3 hours,
take to nearest Local Doctor or nearest Emergency Department**

When your symptoms get better, gradually return to the doses you take when well.

Doctor's Name and signature:

Ambulance: 000

Adapted from the National Asthma Council Asthma Action Plan for Young People 2006 for The Children's Hospital at Westmead

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WHEN WELL

Your child will be

- **Be free of regular night time wheeze or cough or shortness of breath or chest tightness**
- **Have no regular wheeze or cough or shortness of breath or chest tightness on waking ,the during the day or night**
- **Be able to take part in normal physical activity without getting asthma symptoms**
- **Need reliever medication less than 3 times a week(expect if is used before exercise)**

WHEN NOT WELL

Your child will experience

- **Have increasing night time wheeze or cough or short of breath or chest tightness**
- **Have symptoms regularly in the morning when you wake up**
- **Have a need for extra doses of reliever medication**
- **Have asthma symptoms which interfere with exercise or every day activity**

IF SYMPTOMS GET WORSE, THIS IS AN ACUTE ATTACK

Your child will experience

- **Have one or more of the following: wheeze, cough, chest tightness or shortness of breath**
- **Need to use reliever medication at least once every 3 hours or more often**

DANGER SIGNS

- **Symptoms can get worse very quickly**
- **Wheeze, cough, chest tightness or shortness of breath continue after using reliever medication or return within minutes of taking reliever medication**
- **Severe shortness of breath, inability to speak comfortably, blueness of the lips**

IMMEDIATE ACTION IS NEEDED CALL AN AMBULANCE

Take this Asthma Action Plan with you when you visit your Doctor or Health Professional

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