

ADULT ASTHMA ACTION PLAN

Name: _____

Date: _____



This asthma action plan show me **how** and **when** to increase the dose of my asthma medications.

GREEN ZONE: My breathing symptoms are controlled.

- I only need my reliever inhaler twice a week at most.
 - I do not have asthma symptoms at night.
 - I am able to go to work or to school.
 - I am able to exercise normally.
- If I think my breathing symptoms are usually not controlled – for example, if I need to use my reliever inhaler more than twice per week – I will talk to my healthcare provider. It could be a sign that my asthma medications need to be adjusted.

- What else can I do to help out my asthma?**
- I can stay up to date on my vaccinations.
 - I can make sure I take my controller medication(s) every day.
 - I can identify and avoid things that seem to trigger my asthma.
 - I can exercise regularly to keep my lungs strong.
 - If I am a smoker, I can quit smoking to protect my lungs from damage.
 - I can ask my pharmacist to double check that my inhaler technique is perfect.

I will avoid my asthma triggers.
I will use my **controller medication(s)** every day:

I will use a spacer with my inhaler.

I will use my **rescue inhaler** when I am short of breath or experiencing cough, wheeze, or chest tightness.

I will use a spacer with my inhaler.

YELLOW ZONE: Preventative action is needed

- I need my reliever inhaler more than usual, or
- I have caught a cold, or
- I am exposed to something that tends to trigger my asthma, like forest fire smoke.

Take action as follows:

I will use my rescue inhaler as needed.

ORANGE ZONE:
I must urgently see a health care provider if:

- I need my reliever inhaler more than once every 4 hours, or
- After 2 weeks I don't feel like my normal self, or
- I start to have difficulty sleeping because of my asthma, or
- After several days in the Yellow Zone my symptoms are worse instead of better.

RED ZONE:
I must urgently call 9-1-1 for an ambulance if:

- My reliever inhaler doesn't help, or
- I am too breathless to speak, or
- I am constantly short of breath.

This means I am having an asthma attack. I will take puffs from my reliever inhaler until help arrives.



A series of instructional videos on inhaler use (in English and French) is available from The Canadian Thoracic Society:
<https://cts-sct.ca/covid-19/how-to-properly-use-an-inhaler/>