

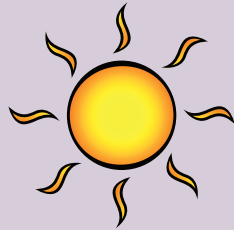
Your Asthma Action Plan

Name / Hospital ID label

Date: _____ Your doctor: _____



Take _____ puffs of _____ puffer every day when well.

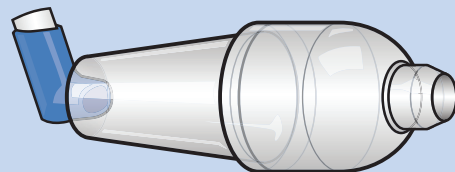


Brush your teeth or rinse with water.

Before exercise, if exercise is a trigger or gives you asthma...

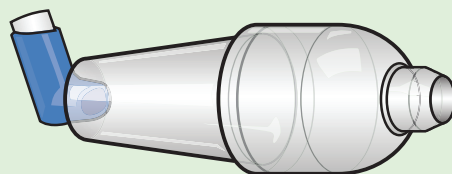


or



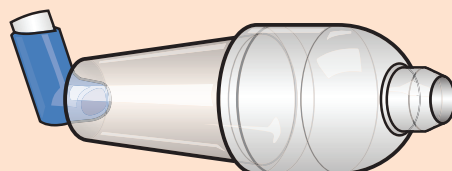
take **1** or **2** puffs 5-10 minutes before exercise.

When you have a cold or feel tight in the chest...



take _____ puffs of your blue puffer and tell an adult.

When you feel worse or if the blue puffer is not helping...



take _____ puffs of your blue puffer and see a doctor.