

## Your asthma action plan

Create an asthma action plan with your health care provider. It may help you manage your asthma better. The plan should include information about:

### Medicines

- Which medicines should I take?
- When should I take my medicines?
- How should I take my medicines?

### How to avoid triggers

- What are my triggers?
- How do I stay away from my triggers?

### How to keep track of your symptoms

- Do I need a peak flow meter?
- How can I tell if my symptoms are getting worse?



### TIP

Learn about the steps listed on your asthma action plan. This may help you know what to do if your asthma symptoms get worse.

Continued from other side

## What to do in an emergency?

What do I do when my symptoms get worse?

- How do I know when I need to call my health care provider?
- When do I need to go to the emergency room?

## Who should be contacted

- Is my name on the asthma action plan?
- Are the names and phone numbers listed for my family or friends who should be called in case of emergency?
- Is my health care provider's name and phone number listed?

