

Asthma Action Plan

Go USE CONTROLLER ASTHMA MEDICINE AS PRESCRIBED

While maintaining your child's asthma, continue to use a medication every day as prescribed.

Caution ADD QUICK-RELIEF MEDICINE AS PRESCRIBED

If necessary, give your child a quick-relief bronchodilator medicine as prescribed. If a quick-relief bronchodilator medicine is needed more than 2 to 3 times a week, call the doctor as your child's asthma may not be under control.

Danger GET HELP FROM A DOCTOR

If your child's asthma becomes life-threatening, go directly to the nearest emergency room. Then make an appointment with your child's primary care provider within 2 days of an ER visit or any hospitalization.

Created for: _____

Created by: _____

Phone: _____ Effective Date of Plan: _____

Parent/Caregiver: _____

Phone: _____

Emergency Contact: _____

Phone: _____

Here Are Some Common Triggers to Keep in Mind¹

Allergens

- Grass/tree/weed pollens
- Food or food additives (like preservatives used in salad bars)
- Airborne mold
- Animal dander and saliva
- Dust mites
- Cockroach droppings

Irritants

- Strong odors/perfumes
- Cigarette smoke
- Fumes from gas stove or fireplace
- Wood/fireplace smoke
- Aerosol sprays

Other Triggers

- Colds or viral infections
- Reflux disease/heartburn
- Exercise
- Medications
- Prolonged laughing or crying
- Cold air
- Emotional distress

Additional Triggers



USE THESE MEDICINES AS PRESCRIBED EVERY DAY

* SIGNS AND SYMPTOMS

- Breathing is easy
- No coughing or wheezing
- Sleeping through the night
- Wants to eat and play
- Normal (or good) energy level
- Playful and happy

Peak flow above _____

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
For asthma with exercise, take		
COMMENTS:		



CONTINUE DAILY PRESCRIBED MEDICINES AND ADD QUICK-RELIEF BRONCHODILATOR MEDICINE AS INSTRUCTED BY THE DOCTOR

* SIGNS AND SYMPTOMS

- First sign of a cold or viral infection/flu
- Exposure to known triggers
- Cough and/or mild wheezing
- Complaining of tight chest
- Coughing at night or nighttime awakening from breathing problems
- Irritable and tired

Peak flow from ___ to ___

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
First:		
Second:		
COMMENTS:		

Danger

GIVE THESE MEDICINES AS PRESCRIBED
AND CALL YOUR DOCTOR RIGHT AWAY

- * SIGNS AND SYMPTOMS
 - Medicine is NOT helping
 - Breathing is hard and fast
 - Nose opens wide as child breathes
 - Ribs show as child inhales
 - Lips and/or fingernails are blue
 - Trouble walking and talking
 - Muscles of stomach are used when breathing

Peak flow below _____

EMERGENCY MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
COMMENTS:		



Indication:

PULMICORT RESPULES is developed and approved specifically for children 12 months to 8 years of age, to help prevent asthma symptoms that could lead to an attack.

PULMICORT RESPULES, an inhaled corticosteroid, is not a quick-relief medication and should NOT be used to treat an acute asthma attack

Important Safety Information

- Inhaled corticosteroids may cause a reduction in growth rate. The long-term effect on final adult height is unknown
- If switching to PULMICORT RESPULES from an oral (syrup or pill) corticosteroid, follow the doctor's instructions to help avoid health risks
- Tell the doctor if your child is exposed to chicken pox or measles
- Side Effects: In studies, side effects included respiratory infection, runny nose, earache, and coughing

Talk to your doctor about PULMICORT RESPULES.

Please see accompanying full Prescribing Information.

¹American Academy of Allergy & Immunology. Tips to remember: asthma triggers and management.

Available at <http://www.aaaai.org/patients/publicedmat/tips/asthmatrippersandmgmt.stm>. Accessed October 27, 2009.

Asthma Action Plan is to be used as a reference only. It is not to be used in place of consultation with a physician.

