



## Asthma Medicine and Action Plan

## Asthma Medicine

**M**ost people with asthma need two kinds of asthma medicine.

- Everyone with asthma needs a quick-relief medicine to stop asthma flare ups. Keep this inhaler with you or close to you at all times. If you use your quick-relief inhaler more than once or twice a week, tell your doctor. You may need a controller medicine as well.
- Many people also need a controller medicine every day to prevent asthma flare ups from starting. Controller medicines work over a period of time to help protect lungs from the things that trigger asthma flare ups.
- Ask your doctor or nurse to write down your child's asthma medicines in an Asthma Action Plan.



## Asthma Action Plan

The Asthma Action Plan can help you control your child's asthma and know what to do during an asthma flare up.

The Plan should include information on your child's asthma signs and symptoms or *daily* peak flow meter readings. The three color "zones" help you decide what actions to take to manage asthma flare ups.

### It is important to ...

- ✓ ask your doctor or nurse to fill out the Asthma Action Plan.
- ✓ review the Asthma Action Plan with your child, as well as your child's teacher, baby-sitters, or coaches.
- ✓ provide emergency phone contact numbers on the Asthma Action Plan.
- ✓ review the Asthma Action Plan every 3 to 6 months with your child's doctor or nurse.

**ASTHMA**  
**FOCUS**