

Annual Asthma Action Plan

FOR _____

BIRTHDATE _____

YEAR PLAN _____

Asthma triggers (List the things that make your asthma worse):

How to use this plan:

1. Fill out this form with your provider—and review it at least once a year.
2. Keep a copy with you at all times. If this form is for your child, make sure your child care provider, school nurse, sports coaches and others also have copies.
3. Use the colors and guidelines below to know when your (or your child's) asthma is under control, when it's getting worse, when it's an emergency—and what to do.

IF YOU ARE:	YOU NEED TO:
DOING WELL You're doing all of these: <ul style="list-style-type: none"> • Breathing well with no coughing or wheezing • Working and playing normally • Sleeping through the night • Had an annual flu shot 	KEEP CONTROLLING YOUR ASTHMA Step 1: Avoid asthma triggers. See back for more info. Step 2: Take these medicines everyday, or as prescribed by your provider (and talk to your provider about using a spacer):
GETTING WORSE You have any of these: <ul style="list-style-type: none"> • Any signs of a cold • A cough (especially if it wakes you up at night) • A mild wheeze • A tight feeling in your chest • Contact with an asthma trigger 	TAKE ACTION TO HELP PREVENT AN EMERGENCY Step 1: Slow down. Stop exercising or sit out from gym class or sports until feeling better. Step 2: Keep taking your daily medicines and add these "rescue" or "relief" medicines: Step 3: Call your provider if your symptoms don't get better within 24 hours (1 day). If symptoms get worse, you may be having an asthma emergency. Follow the directions in the Red Zone.
HAVING AN EMERGENCY You have any of these: <ul style="list-style-type: none"> • Hard and fast breathing • Grey or bluish lips or nails • Ribs showing or nose opening wide • Trouble talking or walking Or if your asthma medicine is not helping to ease your symptoms	GET HELP NOW Step 1: Take these medicines right away: Step 2: Call your provider, get to an emergency room, or call 911 now. DO NOT WAIT. PROVIDER'S NAME _____ PROVIDER'S PHONE # _____ EMERGENCY CONTACT'S NAME _____ EMERGENCY CONTACT'S PHONE # _____

FOR YOU (THE PATIENT OR PARENT) TO FILL OUT:

Please check below to allow other caregivers or your school nurse to talk with the provider.

- I give permission to _____ to communicate with the provider and help with managing my (or my child's) asthma.

If this form is for your child, please check one of these:

- I give permission to _____ to give the medicines listed on this plan to my child.
—OR—
- My child is allowed to carry and take their own medicines.

YOUR SIGNATURE _____

YOUR RELATIONSHIP TO THE PATIENT _____

DATE SIGNED _____

FOR YOUR PROVIDER TO FILL OUT:

This patient's asthma is: (ex: severe, moderate, mild, exercise-induced, etc.) _____

This patient (please check one):

- Understands how to use their asthma medicines and can take their medicine/inhaler as needed
- Needs to notify the school nurse after using their medicine/inhaler
- Needs help to use their medicine/inhaler

This plan was reviewed by:

- I have reviewed this plan, the signs and symptoms of asthma and all prescribed medicines with the patient.
- The medications listed on this plan may be administered to the patient.

PROVIDER'S SIGNATURE _____

DATE REVIEWED _____

BREATHE DEEP. LIVE BETTER.  Take on asthma and take back your life.

 VERMONT DEPARTMENT OF HEALTH



Getting the most from your asthma medicines

Follow these tips to get the most control from your asthma medicines:

1. Go over your Asthma Action Plan with your provider each year and any time you get a new medicine.
2. Make sure you know how to use your inhaler and spacer. Read the general tips below and ask your provider to walk you through the instructions for your unique inhaler to make sure you're using it right.
3. Find ways to remind yourself to take your long-term medicines. You can add reminders on your calendar, email or phone or leave notes in places you see every day (like next to your toothbrush or coffee pot).
4. Keep your Asthma Action Plan—and your rescue medicines—with you at all times.
5. Keep track of how much medicine is left in your inhaler to make sure you order refills before running out.



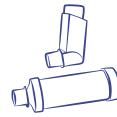
Avoiding asthma triggers

An asthma “trigger” is anything that inflames your airways and flares your symptoms—like tobacco smoke, dust, pet dander, pests (like cockroaches and mice), pollen and mold and strong fumes. Small changes at home can make a big difference in your family's breathing.

Here are 5 simple changes you can make now to help avoid common asthma triggers in your home:

1. Make your home and car no-smoking zones.
2. Use “dust mite covers” on pillows and bedding.
3. Keep pets off furniture and out of bedrooms.
4. Keep your home tidy (vacuum weekly, clean up all food crumbs and spills quickly and take garbage out often).
5. Follow clean burning practices for wood stoves and research stove change-out programs if your stove is not EPA certified.

For more tips, ask your provider for a copy of the Vermont Health Department's educational pamphlet on avoiding asthma triggers in the home.



Using your inhaler

If you have a metered dose inhaler, here are some tips that may help you use it correctly. But remember, there are different kinds of inhalers that are used in different ways—and inhalers for children often have an extra piece called a spacer. Be sure to ask your provider to go over the instructions for your unique inhaler and spacer.

1. Make sure the mouthpiece and spray hole are clean before using.
2. Always shake your inhaler 10-15 times before each use.
3. Place your inhaler into the spacer.
4. Before using the inhaler, take a deep breath in and then let all the air out.
5. When using the inhaler, tilt your head back slightly toward the ceiling. Spray one dose of the medicine, then slowly breathe in as much as you can and hold the breath in for 5-10 seconds.
6. Then open your mouth and breathe out slowly.



Learning more about asthma

To learn more about asthma and get more tips for how to manage symptoms, use your inhaler or get support to quit smoking, visit these trusted resources:

LOCAL

Vermont Department of Health's Asthma Program
healthvermont.gov/prevent/asthma

Vermont 2-1-1 (a free, confidential, 24/7 service to find resources in your community)

Dial 2-1-1 from a Vermont phone or visit
vermont211.org

NATIONAL

Allergy & Asthma Network
allergyasthmanetwork.org/patients

Asthma and Allergy Foundation of America (AAFA)
aafa.org

American College of Allergy, Asthma & Immunology
acaai.org/asthma

Centers for Disease Control (CDC)
cdc.gov/asthma