# ASTHMA ACTION PLAN

## Green Level—Good Control

### ASTHMA IS UNDER CONTROL
- Normal breathing
- No cough or wheeze
- Normal activity
- Normal sleep
- No need for Reliever medicine

### WHAT SHOULD I DO?
- **CONTROLLER**
<table>
<thead>
<tr>
<th>MEDICINE</th>
<th>PUFFS/DOSE</th>
<th>TIMES/DAY</th>
</tr>
</thead>
</table>

- **RELIEVER**
  - As needed

**Keep Up The Good Work!**

## Yellow Level—Caution

### TIME TO TAKE ACTION!
- Cold symptoms
- Symptoms at night
- Symptoms with activity, laughing or crying
- Reliever medicine used more than 3 times a week for symptoms

### WHAT SHOULD I DO?
- **CONTROLLER**
<table>
<thead>
<tr>
<th>MEDICINE</th>
<th>PUFFS/DOSE</th>
<th>TIMES/DAY</th>
</tr>
</thead>
</table>

- **RELIEVER**
  - As needed

- If Reliever medicine is needed every 4 hours, call your doctor.
- See your doctor if asthma symptoms are not improving after two days.

## Red Level—Danger

### GET HELP!
- Reliever medicine needed in less than 3 hours
- Reliever medicine does not begin to improve asthma symptoms in 10 minutes

### WHAT SHOULD I DO?
- **RELIEVER**
  - Use Reliever medicine as much as needed on the way to the Emergency!

### GO TO THE CLOSEST EMERGENCY IMMEDIATELY!

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Comments: ____________________________

Doctor: ____________________________

Phone Number: ____________________________

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