

Patient Name:

Date of this Plan:

Emergency Contact:

Next review due:

When Well:		<i>Asthma under control (minimal symptoms)</i>	
Peak Flow range:			
Your preventer is:	Take		puffs
Your reliever is:	Take		puffs
Other:			

Infrequent Worsening:		<i>Asthma getting worse due to a specific trigger Needing more reliever medication,</i>	
Peak Flow Range:			
Your preventer is:	Take		puffs
Your reliever is:	Take		puffs
Other:			

Daily Symptoms Get Worse:		<i>Developing a cold/flu like symptoms, asthma interferes with day-to-day activities for more than 3 times a week, waking up with asthma,</i>	
Peak Flow Range			
Your preventer is:	Take		puffs
Your reliever is:	Take		puffs
Other:			

If Severe Symptoms:		<i>Asthma is severe, needing reliever every 3 hours, increasing breathing difficulty, waking often at night</i>	
Peak Flow Range			
Your preventer is:	Take		puffs
Your reliever is:	Take		puffs
Other: Take Prednisone	mg for	days	