

ASTHMA ACTION PLAN

Name: _____
 Doctor: _____

Green: Feel Good
 Orange: Short Wind
 Red: Bad Short Wind

Feel Good



- no short wind
- no cough
- no whistle breathing

Short Wind



- tight chest
- whistle breathing (wheeze)
- short wind when walking or playing

Bad Short Wind



- short wind all the time
- fast breathing
- whistle breathing a lot
- cannot talk

My medication:



Always use a spacer with your puffer if you have one




puffs



puffs

My medication:



4 puffs when needed

Always carry your blue puffer with you and use it when you have short wind




puffs



puffs

Short Wind Danger Plan

- sit up
- have 4 puffs of blue puffer and wait a short time
- send someone to health clinic for help
- if you still have bad short wind, take 4 more puffs
- keep using the blue puffer until you feel better or the health worker comes




puffs



puffs

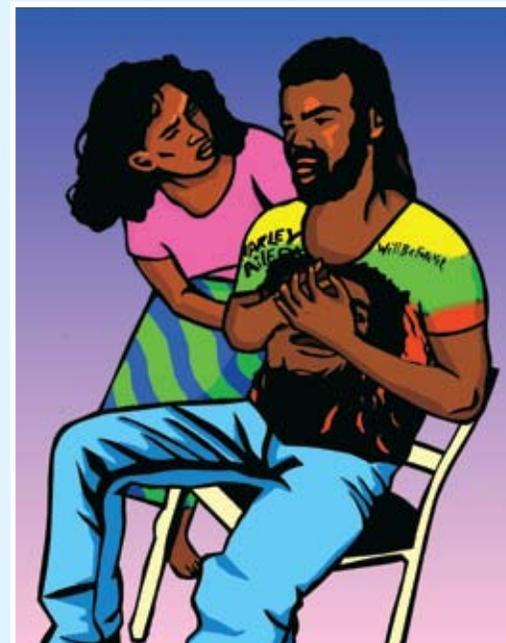



puffs



puffs

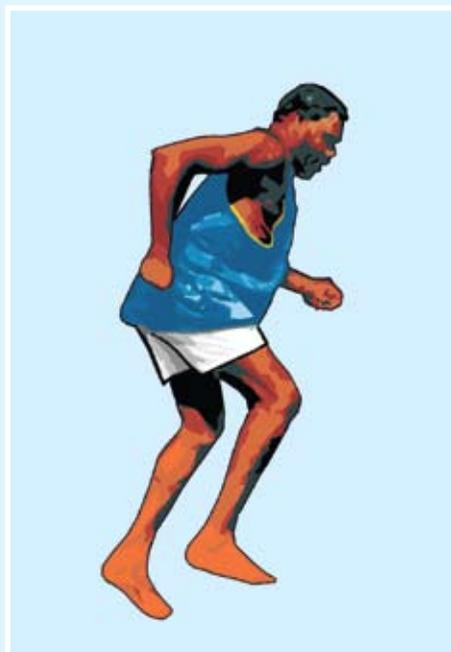
Dr Comments:



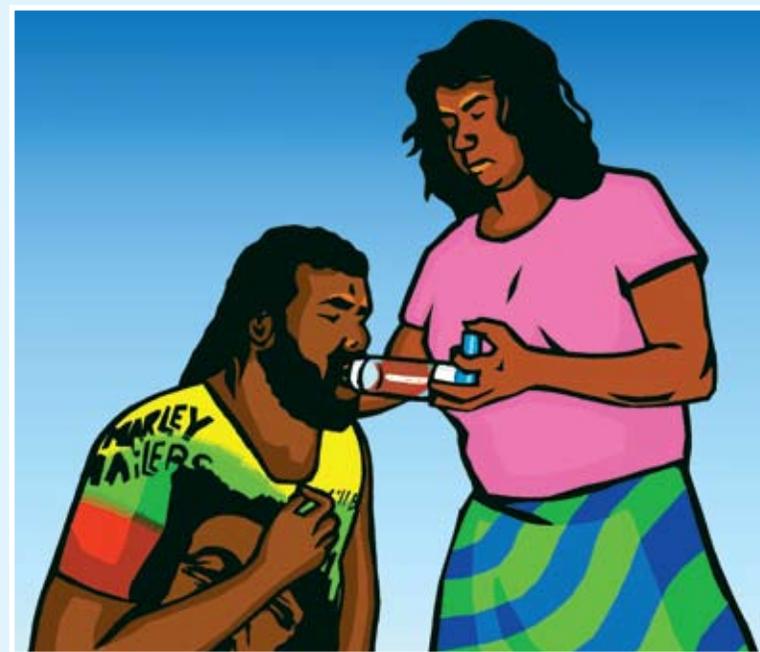
1. Sit the person up.



2. Give 4 puffs of a blue reliever medicine.



3. Quickly send someone to the health centre.



4. If the person still has very short wind, keep giving blue reliever medicine until someone comes from the health centre.



SHORT WIND DANGER PLAN poster has been produced for the Asthma Foundation of the Northern Territory, Danila Dilba Buluru Butji Binnilutlum Medical Service Aboriginal Corporation and Flinders University, Adelaide Australia, School of Nursing ©2000

Short Wind Logo ©2000
Asthma Foundation of the Northern Territory.