

Ask whānau for an up-to-date action plan



Well

When I'm well:

- I have no cough.
- I can play like other children.
- I use my reliever inhaler less than 2 times a week.

My asthma is:

Preventer: I take this every day when I'm well. The name of my preventer is: _____

Reliever: I take this only when I need it. The name of my reliever is: _____

If I find it hard to breathe when I exercise I should take _____ puffs of my reliever.

Worse

When my asthma is getting worse:

- I cough or wheeze and it's hard to breathe, or
- I'm waking at night because of my asthma, or
- I cough or wheeze when I play, or
- I need my reliever inhaler to control my asthma more than 2 times per week.

Worried

My asthma is a worry when:

- My reliever isn't helping, or
- I'm finding it hard to breathe, or
- I'm coughing, hard and fast, or
- I'm waking at night with my asthma, or
- I'm finding it hard to breathe, or
- I'm finding it hard to breathe, or

Emergency

Set me down and try to stay calm. Give me 8 puffs of reliever through a spacer, taking 2 puffs for each puff.

If I don't feel better I need help now.

Call 111 and ask for an ambulance.

WHILE YOU'RE WAITING:

- Try to stay calm and keep me sitting upright.
- Don't puff of reliever through a spacer more than 8 puffs for each puff you help me.

Date Prepared: _____ Doctor's Signature: _____ Plan to be reviewed when treatment changed

Source:

[Asthma + Respiratory Foundation NZ](#)

<https://s3-ap-southeast-2.amazonaws.com/assets.asthmafoundation.org.nz/documents/Asthma-Management-Plan-Child-Resource.pdf>

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