



I'm not robot



I am not robot!

Updated to align with the Focused Updates to the Asthma Management Guidelines. This could include teachers, school nurses, and after school care staff. If only albuterol is available, take puffs as often as needed until help arrives Asthma and Allergy Foundation of America South Clark Street Suite, Arlington, VA Phone: ASTHMA () Contact Us Online Keywords ASTHMA ACTION PLAN: This information is for general purposes and is not intended to replace the advice of a qualified health professional. Make sure to bring all your Everyone with asthma should have an Asthma Action Plan, no matter how old you are or how mild your asthma might feel. Take inhalation of budesonide/formoterol. It includes a color-coded zone system, medicine instructions, and tips for avoiding indoor and outdoor triggers Take the cap of the inhaler and valved holding chamber. ASTHMA ACTION PLAN WHAT TO LOOK OUT FOR ASTHMA MEDICINES PREVENTERS Your preventer medicine reduces inflammation, swelling and mucus in Rinse with water and spit it out. Here is a sample School or Child Care Asthma/Allergy Action Plan (printable PDF) Asthma care involves long-term, regular monitoring and a custom action plan. It also provides guidance on when to call asthma action plan This information is for general purposes and is not intended to replace the advice of a qualified health professional. Take it along to your next asthma appointment and ask your Download and print this PDF document to help you manage your asthma symptoms and triggers. — Perform spirometry at baseline and at least every 2 years for patients > If you're not using an asthma action plan yet, it's easy to get started: Download or print a free asthma action plan. For more information on asthma, visit Adult Asthma Action Plan (years and older) The goal of asthma treatment is to live a healthy, active life. Remember that it is very important to remain on your maintenance — Assess asthma control at every visit by self-administered standardized test or verbal history. Work with your health care provider to create a plan for your child. Wait 5 minutes. Make sure the mouthpiece and valved holding chamber are clean and there is nothing inside the mouthpieces Put inhaler into the chamber/spacer Breathe out away from the device Put chamber mouthpiece in mouth Asthma Action Plans also tell schools, early childhood education centers, and other caregivers about your child's asthma. Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. It's your guide on how to manage your asthma and An Asthma Action Plan is a written, individualized worksheet that shows you the steps to take to keep your asthma from getting worse. With the help of your health care provider, use this worksheet to write down your plan to monitor your asthma and treat changing symptoms or attacks. For more information on Sit upright and stay calm. If there is no improvement, take another inhalation of budesonide/formoterol (up to a maximum of 4 inhalations on a single occasion).