



# S €Gyzns g& &rgrt

This written Asthma Action Plan will help you to manage your asthma.

Your Asthma Action Plan should be displayed in a place where it can be seen by you and others who need to know.

You may want to photocopy it.

vgyygnky&gō} gēy/ūl ſnk&{ t myſki us k&ī gs kj 2y} unrt &tj & t gxxu} kj 4Znō q& { i { y& gēnk&xuj { i kj &tj ſxkgznd mſki us ky& j ði i { rz4Zngy&kgj y&u&u{ mnd m2} nkk, d m&tj &ynuxt kyy&ūl ſxkgzn4

## Asthma Triggers

I us s ut &yzns g&xomkxy&gk&u{ yk&{ yz& ōk2vunrky2&tōs gr&{ x2& s u{ rj y2ūhgi i u&ys uqk2&tj &urj &ō4&2&y& t { y{ gr&{ z&ys k&ūuj y& s g&xomkx&yzns g&zzgi qy4

K-kxi gk&g&us s ut &yzns g&xomkx&{ z&gt ſnk& krr& gt gnkj & an& vxk3k-kxi gk& kj ð gzaıt &tj & gxs 3{ v&gi zj&ky4

&

## Useful telephone numbers

<sup>3</sup> &Gyzns g&u{ tj gzaıt &7>66&; &796&lux&t luxs gzaıt &tj &gj |ð k& ghu{ z&yzns g& gt gnks ktz

<sup>3</sup> &S &vngxs gi @

znk& { i { y4Vxk|kt zkxy&gk&as k&ū& uxq&tj &kkj &ūnk&gqkt &|kx&g&g&|kt &nkt &ū{ & gk& krr4

Vxk|kt zkxs kj ð gzaıt y&gk&V|gx&hki rus kzngyut k/2&ro-uzj k&ī { zō gyut k/2&ō zgr&uxzk& I LI 3&Lk&yuj q s &xus umrē gzk/2V{ rs ð uxz&h{ j kyut q k/2V d n{ rgo&s ut zkr{ qgyz/&tj & Z&gj k& LI 3&Lk&t kj ui xus σ/4

## How your reliever medicine helps

\_u{ x&kkrk|kx& kj ð d k&krg-ky&nk& { yi rky&gux{ tj &nk&gō} gēy2& gqd m&nk&gō} gēy& q kx& gtj &xkgznd m&ky&ax&2& uxqy&v{ ð q&ē&ū&kkrk|k&yzns g&y&ēs vzus y2y&ū&g&y&ykt z&gr&lux& gyzns g&xyz&gō 4

Xkrk|kx& kj ð gzaıt y&gk&Gous α2Gys ur2&vgv&tj &kt zurd &grr&xgtj y&ūl &ygrh{ zgs ur& gtj &hx&gt &f&zkxh{ zgrd k/4

## How your symptom controller helps

Yēs vzus &ut zurnkxy&gt ſnk&v&kuvrk& nu&y&or&nk&zy&ēs vzus y&k|kt &nkt &nk&ē&gk&k&n{ rgx& vxk|kt zkxs kj ð d ky4&ū{ &kkj &g&y&ēs vzus &ut zurnkx2&zy&nu{ rj &nk&gqkt & an&ū{ x& vxk|kt zkxs kj ð gzaıt 4&zy&nu{ rj &uz&nk&gqkt &t y&kgj &ūl &g&vxk|kt zkx4

R&gk&ū{ x&kkrk|kx& kj ð d k2&ū{ x&y&ēs vzus &ut zurnkx&nk&rvy& q kt &nk&gō} gēy4&h{ z&ō n&ōk& &ū{ x&kkrk|kx& uxqy&ū&guxu{ tj &3&-&ū{ xy2y&ēs vzus &ut zurnkxy&g uxq&ū& v&ū&7&8&ū{ xy&g&z& g&as k4&ū} k|kx2&nk&ē&gk& uz&ūuj &ū&v{ ð q&kkrk|k&ūl &y&ēs vzus y&y&ū&nk&ē&y&nu{ rj &uz&nk&g&y&kj & lux&yzns g&xyz&gō 4

Yēs vzus &ut zurnkxy&gk&ū&uxgj ōk&tj &ū-g&huzn&xgtj y&ūl &l&luxs uz&xur2&tj &kxk|kt z& .ygrs kzkxur/4

Znkx&gk& combination medications sh s& & & & & tx d & & g x d@ & Bdx d& gw r & g mc& Rg kl&sd&x nk( &

S & d & b & g hx r& uk & nd & sh & g c c x & g c&t& sh & t