



Asthma Control

Most days you should be free of asthma symptoms but triggers may make your asthma worse. Using this checklist can help you to identify your triggers, and along with your Asthma Action Plan it will help you to know when to see your doctor or change your usual treatment.

Good asthma control means:

- ☐ Able to do all of your usual activities e.g. running, playing
- ☐ No asthma symptoms at night or on waking
- ☐ Daytime symptoms no more than two days per week
- Need reliever no more than two days per week*
- Symptoms ease quickly after reliever use

Asthma Symptoms



of breath



tiahtness



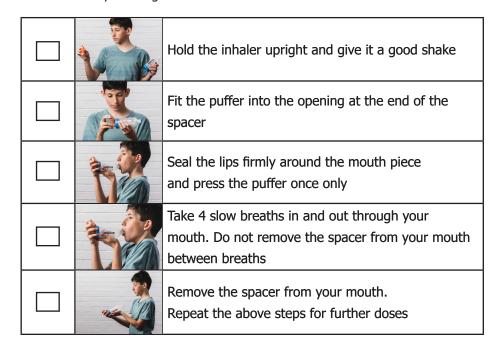
Wheezing



Coughing

Using a Spacer

Check to see if your child is using their puffer (Metered dose inhaler) with a spacer correctly. If you use a puffer, a spacer will help to get the right dose of medicine into your lungs.



Note: Children under the age of four can use a mask with the spacer.

How to care for your spacer



Wash your spacer once a month or after a virus. To clean your spacer, take it apart and wash parts in warm soapy water. Allow to air dry without rinsing. Once dry reassemble your spacer.

Remember not to share your spacer with anyone else and replace it yearly.

^{*}not including reliever puffer taken before exercise



Triggers

A trigger is something that can set off your asthma symptoms. Tick the triggers that you know make your asthma worse.



Exercise/Activity



Pollen



Animals



Cold and Flu



Dustmites



Emotions



Otl	her		



Smoke



Weather



Chemicals

For information on trigger management contact **1800 ASTHMA** to discuss with a respiratory health educator.

Know what to do in an asthma emergency

An asthma flare up can happen to anyone with asthma, at any time. Do not wait until asthma is severe to start reliever medication.

You should call an ambulance and start asthma first aid if you notice:

- Severe breathing problems
- Reliever has little or no effect
- Symptoms get worse very quickly
- Blue lips
- Difficulty saying sentences
- Sit the person upright
 - Be calm and reassuring
 - Do not leave them alone

- Give 4 separate puffs of blue/grey reliever puffer
 - Shake puffer
 - Put 1 puff into spacer
 - Take 4 breaths from spacer

Repeat until 4 puffs have been taken

Remember: Shake, 1 puff, 4 breaths



- Wait 4 minutes
 - If there is no improvement, give 4 more separate puffs of blue/grey reliever as above

(OR give 1 more dose of Bricanyl or Symbicort inhaler.)



- If there is still no improvement call emergency assistance (DIAL 000)
 - Say 'ambulance' and that someone is having an asthma attack
 - Keep giving <u>4 separate puffs</u> every <u>4 minutes</u> until emergency assistance arrives

(OR 1 dose of Bricanyl or Symbicort every 4 minutes — up to 3 more doses of Symbicort).



For information on asthma first aid contact 1800 ASTHMA to discuss with a respiratory health educator.



My Asthma Diary

DATE	PUFFS OF RELIEVER	RELIEVER WORKED	COUGH Wet / Dry	WHEEZE	SHORT OF BREATH	CHEST TIGHTNESS	NIGHT SYMPTOMS	NOTES triggers, missed school etc
01/01/2018	4	Yes	Yes - dry	Yes - at nighT	No	No	Cough, Wheeze	Cold Air at night, missed 1/2 day at school



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VISIT OUR WEBSITE

For information about asthma, symptoms, triggers, medication and asthma first aid.

www.managemyasthma.com.au

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CALL US

Speak to a respiratory health educator or book an education session

1800 ASTHMA (1800 278 462)

Mon-Fri: 9am - 4pm

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