



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

&

## Useful telephone numbers

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

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

znk& { i { y4v xk|kt zkxy&gqk&as k&u& uxq&tj &kkj &uſnk&gqkt &|kx&g&g&|kt &nkt &u{ & gk& krr4

Vxk|kt zkxs kj ð gzait y&gk&v{ gx&hki rus kzngyut k/2&ro-uzj k&ī { zō gyut k/2&ō zgr&uxzk& I LI 3&Lk&kyuj ō s &xus umrē gzk/2v{ rs ð uxz&h{ j kyut ō k/2v d n{ rgo&s ut zkr{ qgyz/ &tj & Z&gj k& LI 3&Lk&t kj ui xus ō/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& ō kx& gtj ſxkgznd m&ky&ōx&2& uxqy&v{ ð q&ē&u&kkrk|k&yzns g&y&ēs vzus y2y&z&y&kykt z&gr&lux& gyzns g&xyz&gō 4

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

## How your symptom controller helps

Yēs vzus &ut zurnkxy&gt ſnk&v&kuvrk& nu&y&zor&nk&z&y&ēs vzus y&k|kt &nkt &nk&ē&gqk&k&n{ rgx& vxk|kt zkxs kj ð d ky4&u{ &kkj &g&y&ēs vzus &ut zurnkx2&zy&nu{ rj ſnk&gqkt & an&u{ x& vxk|kt zkxs kj ð gzait 4&zy&nu{ rj &uzſnk&gqkt &t y&kgj &ūl &g&v&k|kt zkx4

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

Yēs vzus &ut zurnkxy&gk&ūx&gj ōk&tj &ū-g&huzn&xgtj y&ūl &l&luxs uz&xur/2&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