


Figure 2 (cont).

AMO: WARD: Laboratory Date of Admission: 16-OCT-2003 14:39	MRN: 9999993 NAME: LOAD, TEST 6 6 DOB: 01-JAN-1900 SEX: I	
ASTHMA ACTION PLAN FOR CHILDREN AND YOUNG PEOPLE		
WHEN WELL Your child will		
<ul style="list-style-type: none">* Be free of regular night time wheeze or cough or shortness of breath or chest tightness* Have no regular wheeze or cough or shortness of breath or chest tightness on waking, the during the day or night* Be able to take part in normal physical activity without getting asthma symptoms* Need reliever medication less than 3 times a week (expect reliever medication is used before exercise as a part of asthma management)		
WHEN NOT WELL Your child will experience		
<ul style="list-style-type: none">* Increasing night time wheeze or cough or shortness of breath or chest tightness* Symptoms regularly in the morning when you wake up* A need for extra doses of reliever medication* Asthma symptoms which interfere with exercise or everyday activity		
IF SYMPTOMS GET WORSE, THIS IS AN ACUTE ATTACK Your child will experience		
<ul style="list-style-type: none">* One or more of the following: wheeze, cough, chest tightness or shortness of breath* Need to use reliever medication at least once every 3 hours or more often		
DANGER SIGNS		
<ul style="list-style-type: none">* Beware that the symptoms of acute asthma attack can get worse very quickly* Wheeze, cough, chest tightness or shortness of breath continue after using reliever medication or return within minutes of taking reliever medication* Severe shortness of breath, inability to speak comfortably, blueness of lips		
IMMEDIATE ACTION IS NEEDED CALL AN AMBULANCE		
Take this Asthma Action Plan with you when you visit your Doctor or Health Professional		
<small>Adapted from the National Asthma Council Asthma Action Plan for Young People 2006 for The Children's Hospital at Westmead</small>		

ASTHMA ACTION PLAN FOR CHILDREN AND YOUNG PEOPLE

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