**My Asthma Action Plan**

**For Single Inhaler Maintenance and Reliever Therapy (SMART) with budesonide/formoterol**

**Normal mode**

- My SMART Asthma Treatment is:
  - [ ] budesonide/formoterol 160/4.5 (12 years or older)
  - [ ] budesonide/formoterol 80/4.5 (4-11 years)

- My Regular Treatment Every Day:
  (Write in or circle the number of doses prescribed for this patient)

  Take [1, 2] inhalation(s) in the morning
  and [0, 1, 2] inhalation(s) in the evening, every day

- Reliever
  Use 1 inhalation of budesonide/formoterol whenever needed for relief of my asthma symptoms

  I should always carry my budesonide/formoterol inhaler

- My asthma is stable if:
  - I can take part in normal physical activity without asthma symptoms
  - I do not wake up at night or in the morning because of asthma

**Other Instructions**

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**Asthma Flare-up**

- If over a Period of 2-3 Days:
  - My asthma symptoms are getting worse OR NOT improving OR
  - I am using more than 6 budesonide/formoterol reliever inhalations a day (if aged 12 years or older) or more than 4 inhalations a day (if aged 4-11 years)

- I should:
  - Continue to use my regular everyday treatment PLUS
    1 inhalation budesonide/formoterol whenever needed to relieve symptoms
  - [ ] Start a course of prednisolone
  - [ ] Contact my doctor

**Course of Prednisolone Tablets:**

Take __________ mg prednisolone tablets per day for ________ days OR

______________ ______________

______________ ______________

- If I need more than 12 budesonide/formoterol inhalations (total) in any day (or more than 8 inhalations for children 4-11 years), I MUST see my doctor or go to the hospital the same day.

**Asthma Emergency**

- Signs of an Asthma Emergency:
  - Symptoms getting worse quickly
  - Extreme difficulty breathing or speaking
  - Little or no improvement from my budesonide/formoterol reliever inhalations

- If I have any of the above danger signs, I should dial _____ for an ambulance and say I am having a severe asthma attack.

- While I am waiting for the ambulance start my asthma first aid plan:
  - Sit upright and stay calm.
  - Take 1 inhalation of budesonide/formoterol. Wait 1-3 minutes. If there is no improvement, take another inhalation of budesonide/formoterol (up to a maximum of 6 inhalations on a single occasion).
  - If only albuterol is available, take 4 puffs as often as needed until help arrives.
  - Start a course of prednisolone tablets (as directed) while waiting for the ambulance.
  - Even if my symptoms appear to settle quickly, I should see my doctor immediately after a serious attack.