

# Well-Controlled Asthma



UAB MEDICINE.

## What is an Asthma Action Plan?

The asthma action plan is a written plan that is developed with your child's doctor to help control asthma. It tells you how to take their asthma medicine(s) and what actions to take when symptoms flare-up or become severe. A sample plan is included in the book and should be completed by your child's doctor. Everyone with asthma should have an asthma action plan.

## Well-controlled asthma means your child is:

- symptom-free most of the time and not needing frequent quick-relief medicine.
- able to exercise and play like other children.
- sleeping through the night.
- not missing school or work due to frequent asthma flare-ups.

## How can our family help my child have well-controlled asthma?

- See the doctor for an asthma checkup every 3-6 months. Let your child's doctor know how often your child is having asthma symptoms or flare-ups. Bring all their medicines & spacer to the visit.
- If your child is prescribed controller medicine(s), take them every day. It is important to watch your child take their medicines (even older teens) and help them monitor their asthma daily.
- Your child should have quick-relief medicine with them everywhere they go.
- Everyone who cares for your child should know when and how to give his/her medicine.
- Asthma flare-ups can often be managed at home by following the asthma action plan and with the help of your child's doctor. Treating asthma symptoms early and contacting your child's doctor for help can often prevent emergency room (ER) visits and hospitalizations.

