

Patient Name _____

Date _____



Doing Well

- Breathing easy
- No coughing
- Exercising easily

Take controller medicines every day

Name	Amount	How often
_____	_____	_____
_____	_____	_____

_____	_____	_____
_____	_____	_____

Stay away from your asthma triggers



Caution

- Coughing
- Wheezing
- Waking up at night from asthma
- Chest feels tight
- Short of breath
- Less active

Immediately take quick relief medicine

- Take Albuterol _____ puffs every _____ hours.
- Call provider if not improving in _____ days.

If albuterol is used and you are NOT better within 20 minutes:

- Increase Albuterol _____ puffs every _____ hours
- Add:
- Call:

Take controller medicines every day

Name	Amount	How often
_____	_____	_____
_____	_____	_____

_____	_____	_____
_____	_____	_____



Emergency

- Breathing hard and fast
- Can't walk or talk
- Albuterol is not helping
- Very short of breath
- Non-stop coughing

MEDICAL ALERT! Get help!

Immediately take quick relief medicine

- Take Albuterol _____ puffs every _____ minutes

Call **911** or go the emergency room

Remember to get your medication refilled before you run out.

Call the HPSM healthline for more info at 650-616-2165.

Provider name: _____ Provider phone number: _____

Next appointment with your provider: _____