

# ASTHMA EMERGENCY PLANS

*A worksheet to help your loved one develop a plan for controlling his or her asthma attacks.*

You or your loved one should prepare a plan to manage an asthma attack by consulting with their doctor. Your loved one must know in advance how to avoid asthma triggers, respond to early warning signs of an episode, and take medication properly. A key part of any plan must include the best way to reach the doctor for routine questions and urgent care.

## Write out your plan for an asthma emergency.

**What does the doctor recommend the patient do in an emergency?**

.....

.....

.....

.....

.....

**What are the signs that indicate the patient should seek care immediately?**

.....

.....

.....

.....

.....

**What should the patient do if the medication does not seem to be working?**

.....

.....

.....

.....

.....

**Where should the patient go to get care quickly?**

.....

.....

.....

.....

.....

**Should the patient call the doctor first or go to the emergency room?**

.....

.....

.....

.....

.....

**What does the patient do if he or she has an asthma emergency very late at night?**

.....

.....

.....

.....

.....

**When you or the patient calls, what information will the doctor want?**

.....

.....

.....

.....

.....