

Learn to use your inhalers and
spacer device correctly.



Scan the QR code with your smart
phone to access the information
or visit

<https://for.sg/inhalervideos>

These videos were produced by
Singapore National Asthma
Programme and have been reviewed
by the Pharmaceutical Society of
Singapore and National Medical
Information Workgroup.

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Contact:
6357 7000 (Central Hotline)



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Department of RESPIRATORY & CRITICAL CARE MEDICINE

Asthma Action Plan



Written Asthma Action Plan (WAAP)

Name: _____

Date: _____

Given by: _____

Tel: _____

My preventer is: _____

My reliever is: Salbutamol

Green Zone - WELL

Your asthma is under control:

- No cough
- No wheeze
- No breathlessness
- No chest tightness
- No nighttime asthma symptoms
- Your peak flow is _____ L/min

Use preventer medication(s) every day.

1. <i>Drug Name / Dose</i>	puff (s)	time (s) per day
2. <i>Drug Name / Dose</i>	puff (s)	time (s) per day
3. <i>Drug Name / Dose</i>	tablet (s)	time (s) per day
4. <i>Drug Name / Dose</i>	tablet (s)	time (s) per day

Use reliever medication:

- You have occasional asthma symptoms
- Before exercise

Salbutamol 2 puffs ONLY when necessary

My Trigger Factor(s):

Other Instruction(s):

☐ Use with spacer device

Yellow Zone - CAUTION

When you are not well:

- You have daytime asthma symptoms more than two times per week
- You wake up at night with asthma symptoms
- You used reliever inhaler more than two times per week
- Your peak flow is between _____ and _____ L/min

Take the following medication(s) every day for next **7- 14** days.

1. <i>Drug Name / Dose</i>	puff (s)	time (s) per day
2. <i>Drug Name / Dose</i>	puff (s)	time (s) per day
3. <i>Drug Name / Dose</i>	tablet (s)	time (s) per day
4. <i>Drug Name / Dose</i>	tablet (s)	time (s) per day

Use reliever medication for your asthma symptoms:

Salbutamol 2 puffs ONLY when necessary.
DO NOT exceed 12 puffs per day in total

If your symptoms **DO NOT** improve in next 48 hours, start Prednisolone:

Prednisolone _____ mg once per day for _____ days

Note: To complete full course of Prednisolone even if you feel better.


If symptoms have improved, go back to **GREEN** zone after 7-14 days.

Disclaimer: All information contained herein is intended for your general information only and is not a substitute for medical advice for treatment of asthma. If you have specific questions on medical care, consult your doctor.






Red Zone - DANGER

If your asthma symptoms get worse:

- Difficulty breathing
- Difficulty speaking
- No improvement after the medications in **YELLOW** zone
- Your peak flow is below _____ L/min

 **DO NOT WAIT! See your doctor NOW!**

During an asthma attack:

-  Sit upright, try to keep calm.
-  Take **4 puffs** of a reliever inhaler. Use a spacer if available. If not better after 4 puffs, repeat after 5 to 10 minutes.
-  If you feel worse, dial **995** for an ambulance immediately.
-  Repeat step 2 while waiting for an ambulance.
-  Start Prednisolone _____ mg now if you have not taken it.

After an asthma attack:

Even if you feel better, make an early appointment to see your regular doctor.