



SMART THERAPY ASTHMA ACTION PLAN

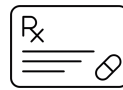
SMART (Single Maintenance And Reliever Therapy) is a way to treat your asthma that only requires one inhaler as both your daily maintenance AND rescue therapy. It is used in kids 5 and older.

The inhaler combines an inhaled steroid to lower inflammation with a fast-acting bronchodilator to keep your child's airways open.



WHEN MY ASTHMA FEELS GOOD:

- I can sleep without asthma symptoms.
- I can breathe without coughing/wheezing.
- I can play/work/exercise without asthma symptoms.



I AM PRESCRIBED:

- Every Morning I take **2** puffs
- Use **2** puffs as needed before exercise.
- Every night I take **2** puff(s).



WHEN MY ASTHMA FEELS WORSE:

- I am short of breath and/or wheezing.
- I am limiting my activities due to my asthma.
- I am waking up at night because of my asthma symptoms.



- I should take 1 puff of my inhaler every 15 minutes as needed.
- If I take more than 8 puffs (5-11yo) / 12 puffs (12yo and up) in 24 hours I should call the doctor or go to the Emergency Department.
- I SHOULD continue to take my daily prescribed inhaler.



HAVING AN ASTHMA EMERGENCY?

- I cannot breathe easily.
- I cannot speak comfortably.
- I cannot feel my inhaler helping.



- Call 911 or head straight to the closest EMERGENCY department.
- Take 1 puff from your inhaler and if no improvement, repeat every 3 minutes.

INHALER DIRECTIONS

1



Remove cap and shake inhaler

2



Breathe out

3



Put mouth on the spacer and breathe in while pressing down on the inhaler

4



Breathe in and out for 10-15 seconds to inhale all the medication in the spacer.

5



Repeat if needed.