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Controller medicines How much to take How often Other instructions	s name:		Signature:		
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Quick-relief medicines How much to take How often Other instructions Quick-relief medicines How much to take How often Other instructions Quick-relief medicines Quiffs Take ONLY as needed NOTE: If you need this more than 2 days a week your doctor. Asthma triggers (check all that apply): Take ONLY as needed More than 2 days a week your doctor. Asthma triggers (check all that apply): Take ONLY as needed More than 2 days a week your doctor. Pollens Change in temperature Molds Animals Strong odors or fumes Smoke Pollens Respiratory infections Dust Strong emotions Food/Othe Special Instructions when I am Doing well Be careful Ask for help Poling well. No coughing, wheezing, chest tightness, shortness of breath during the day or night Before exercise, take puff(s) of • Can go to school and play Car go to school and play Avoid triggers that make my asthma worse (See above) CAUTION. Continue taking my controller medicines • Coughing, wheezing, chest tightness, shortness of breath Takepuffs or nebulizer treatment much take inde do • Coughing, wheezing, chest tightness, shortness of breath Take			times per day EVERY DAY		
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Be careful . • Coughing, wheezing, chest tightness, shortness of breath • Coughing, wheezing, chest • Coughing, where chest • C	during the day or night • Can go to school and play				
Coughing, wheezing, chest tightness, shortness of breath	and all		of a construction of the state		
• Waking at night due to asthma symptoms Continue using quick relief medicine every 4 h	 Coughing, wheezing, chest tightness, shortness of breath Waking at night due to 		Take puffs or nebulizer treatment(s) of quick relief medicine. If I am not back in the Green Zone		
Deeded (all provider it not improving in					
Can do some, but not all, usual activities					
• Runny nose, watery eyes	unny nose, watery eyes		Add		
Ask for help. • Very short of breath				MEDICAL ALERT! Get help! Take quick-relief medicine: puffs every	
Continual coughing minutes and get help immediately.		승규는 것 같은 것 같은 것 같은 것을 수 없다.	minutes and get help immediately.		
Skin between ribs is pulling inwards Difficulty speaking without running Take	ery short of breath ontinual coughing		minutes and	get help immediately.	
	ery short of breath ontinual coughing in between ribs is pulling	rege de la desta de la dest	minutes and	get help immediately.	

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If skin, fingernail or lip color is blue at any time: Call 911 for help or go to the nearest Emergency Department

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