

My Asthma Action Plan Flash Cards



I have asthma, and these flash cards tell me, my teachers, and other adults what I need to do to control and manage my asthma.

Let's read it together!

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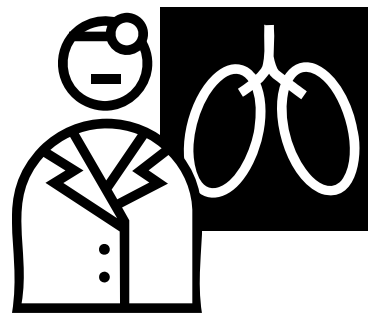
My Doctor's name is,

Address:

Phone Number:

Insurance Company

Insurance Policy No.



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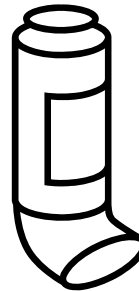
How Do I know I Have Asthma?

- Some Difficulty Breathing
- Coughing or Wheezing
- Cough Gets Worst at Night
- Chest Tightness
- Getting or Have a Cold
- Can Do Some, But Not All Usual Activities



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MY Medicine:



RESCUE V. CONTROL

