ASTHMA DISASTER PLAN

Don’t get stranded without your asthma medications. Use the checklist below to build a ready-to-go asthma disaster box, which should be waterproof, insulated and easy to carry. Label the outside of the box with what’s inside, including expiration dates of the medications.

ASTHMA DISASTER BOX

☐ A full bronchodilator rescue inhaler
☐ One sample-size Advair
☐ 1/2 bottle of Singulair
☐ Bottle of Claritin
☐ An EpiPen
☐ A dose of steroids
☐ Two air-tight masks in case there is a lot of dust or other pollutants in the air following a disaster
☐ A copy of your asthma action plan as prescribed by your doctor in case you are unable to speak for yourself

ADDITIONAL ADVICE

■ Always have at least one week’s worth of medication.
■ Store a back-up asthma disaster box in a location you can easily access in case you cannot get to your home.
■ Check kits frequently and replace medications before they expire.