BRONCHIECTASIS ACTION PLAN

WELL
- Sleeping well
- Eating well

SICK
- Coughing more
- Tired
- Not eating
- More phlegm/mucous

VERY SICK
- Coughing lots
- Sore chest
- Lots of phlegm/mucous
- Out of puff/breath
- Fever

Consider reducing sports/active play if they are out of puff
See your family doctor to get two weeks of antibiotics

Let your child rest from sports
Go to your nearest emergency department
Consider taking a break from sports until they are well

Patient name: ____________________________
Physiotherapist name: ____________________
Nurse name: ______________________________

PHYSIO: __________________________________
MEDICATIONS: __________________________

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www.bronchiectasisfoundation.org.nz