

Asthma Action Plan for \_\_\_\_\_ Doctor's Name \_\_\_\_\_ Date \_\_\_\_\_

Doctor's Phone Number \_\_\_\_\_ Hospital/Emergency Room Phone Number \_\_\_\_\_

**GREEN ZONE: Doing Well**

- No cough, wheeze, chest tightness or shortness of breath during the day or night
- Can do usual activities

And, if a peak flow meter is used,

Peak flow: more than \_\_\_\_\_ (80% or more of my best peak flow)

My best peak flow is: \_\_\_\_\_

Before exercise

2 or  4 puffs 5 to 60 minutes before exercise

**Take These Long-Term-Control Medicines Each Day (include an anti-inflammatory)**

Medicine	How much to take	When to take it

**YELLOW ZONE: Asthma Is Getting Worse**

- Cough, wheeze, chest tightness or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

-Or-

Peak flow: \_\_\_\_\_ to \_\_\_\_\_ (50% – 80% of my best peak flow)

**Add: Quick-Relief Medicine – and keep taking your GREEN ZONE medicine**

- \_\_\_\_\_ (short-acting beta<sub>2</sub>-agonist)  2 or  4 puffs, every 20 minutes for up to 1 hour
- Nebulizer, once

**if your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:**

- Take the quick-relief medicine every 4 hours for 1 to 2 days.
- Double the dose of your inhaled steroid for \_\_\_\_\_ (7-10) days.

-Or-

**if your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:**

- Take: \_\_\_\_\_ (short-acting beta<sub>2</sub>-agonist)  2 or  4 puffs or  Nebulizer
- Add: \_\_\_\_\_ mg per day For \_\_\_\_\_ (3-10) days (oral steroid)
- Call the doctor  before/  within \_\_\_\_\_ hours after taking the oral steroid.



**RED ZONE: Medical Alert!**

- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or get worse after 24 hours in Yellow Zone

-Or-

Peak flow: less than \_\_\_\_\_ (50% of my best peak flow)

**Take this medicine:**

- \_\_\_\_\_ (short-acting beta<sub>2</sub>-agonist)  4 or  6 puffs or  Nebulizer
- \_\_\_\_\_ mg (oral steroid)

**Then call your family doctor NOW.** Go to the hospital or call for an ambulance if:

- You are still in the red zone after 15 minutes AND
- You have not reached your doctor.

**DANGER SIGNS**

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue



- Take  4 or  6 puffs of your quick-relief medicine AND
- Go to the hospital or call for an ambulance ( \_\_\_\_\_ ) NOW!

