

Asthma Action Plan For _____

Doctor's Name _____

Date _____

Doctor's Phone Number _____

Hospital/Emergency Room Phone Number _____

GREEN ZONE: Doing Well

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

n No cough, wheeze, chest tightness, or shortness of breath during the day or night	Medicine	How much to take	When to take it
n 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

q _____

q 2 or q 4 puffs

5 to 60 minutes before exercise

FIRST YELLOW ZONE: Asthma Is Getting Worse

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

- n Cough, wheeze, chest tightness, or shortness of breath, or
- n Waking at night due to asthma, or
- n _____

q 2 or q 4 puffs, every 20 minutes for up to 1 hour

_____ (short-acting beta₂-agonist)

q Nebulizer, once

SEC
Can do some, but not all, usual activities

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

q Take the quick-relief medicine every 4 hours for 1 to 2 days.

q 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:

Peak Flow: _____ to _____
(50% - 80% of my best peak flow)

q Take: _____ q 2 or q 4 puffs or q Nebulizer
(short-acting beta₂-agonist)

q Add: _____ mg. per day For _____ (3-10) days
(oral steroid)

q Call the doctor q before/ q within _____ hours after taking the oral steroid.

RED ZONE: Medical Alert!

Take this medicine:

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

q _____ q 4 or q 6 puffs or q Nebulizer
(short-acting beta₂-agonist)

q _____ mg.
(oral steroid)

- Or -

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

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

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

DANGER SIGNS

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

n Take q 4 or q puffs of your quick-relief medicine **AND**
n Go to the hospital or call for an ambulance
(_____) **NOW!**