

Asthma Action Plan

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: _____

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

Medicine	How much to take	When to take it

Before Exercise

_____ 2 or 4 puffs 5 to 60 minutes before exercise

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

_____ 2 or 4 puffs, every 20 minutes for up to 1 hour
(short-acting beta₂-agonist) 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: _____ 2 or 4 puffs or Nebulizer
(short-acting beta₂-agonist)
- 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:

- _____ 4 or 6 puffs or Nebulizer
(short-acting beta₂-agonist)
- _____ mg.
(oral steroid)

Then call your 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!