

ASTHMA ACTION PLAN FOR _____

_____ Date _____

Doctor's Name _____

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

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: _____ (short-acting beta₂-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:

FIRST: 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 beta₂-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 beta₂-agonist) 4 or 6 puffs or Nebulizer

_____ 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!