

# Asthma Action Plan

For: \_\_\_\_\_ Doctor: \_\_\_\_\_ Date: \_\_\_\_\_  
 Doctor's Phone Number \_\_\_\_\_ Hospital/Emergency Department 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 percent 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 to 79 percent 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 beta<sub>2</sub>-agonist) Nebulizer, once



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

Continue monitoring to be sure you stay in the green zone.

**-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 beta<sub>2</sub>-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 percent of my best peak flow)

**Take this medicine:**

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

\_\_\_\_\_ mg  
 (oral steroid)

**Then call your doctor NOW.** Go to the hospital or call 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!  
 (phone)