

# Asthma Action Plan

**IF TROUBLE WALKING AND TALKING DUE TO S.O.B. OR LIPS/FINGERS BLUE TAKE 4 OR 6 PUFFS OF QUICK RELIEF MEDICINE AND CALL 911 NOW**

For: \_\_\_\_\_ Doctor \_\_\_\_\_ Date: \_\_\_\_\_  
 Doctor Phone Number: \_\_\_\_\_ Hospital/ ER Phone Number \_\_\_\_\_

## Green Zone

**DOING WELL**

Take these long-term medication each day (include anti-inflammatory)

Medicine	How Much	When to take
<input type="checkbox"/> No cough, wheeze, chest tightness or shortness of breath during the day or night <input type="checkbox"/> Can do usual activities		

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

If peak flow meter is used,

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

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

Before exercise	<input type="checkbox"/>	<input type="checkbox"/> 2 or <input type="checkbox"/> 4 puffs	_____ min. before exercise
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## Yellow Zone

**ASTHMA GETTING WORSE**

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

**FIRST** Add: quick-relief medicine- and keep taking your GREEN ZONE medication

\_\_\_\_\_ 2 or 4 puffs every 20 min. up to 1 hour  
 (short-acting beta 2 -agonist) Nebulizer, once

**SECOND** If your symptoms return to green zone after 1 hour of tx. Monitor

OR  
 Peak Flow: \_\_\_\_\_ to \_\_\_\_\_  
 (50 to 79 % of my best peak flow)

OR  
 If symptoms do NOT return to green zone after 1 hour, Take: \_\_\_\_\_

## Red Zone

**MEDICAL ALERT!!!!!!!!!!!!!!!**

**Take this medication**

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

\_\_\_\_\_ 4 or 6 puffs or Neb.  
 (short-acting beta 2-agonist)  
 \_\_\_\_\_ mg  
 (oral steroid)

OR  
 Peak Flow: Less than \_\_\_\_\_  
 (50% of my best peak flow)

**IMMEDIATELY CALL YOUR PHYSICIAN** Go to hospital or call 911 if:  
 You are still in the red zone after 15 minutes AND  
 You have not reached your doctor