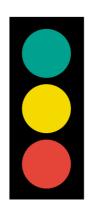
Asthma Action Plan

Name	Date
Doctor	Medical Record #
Doctor's Office Phone #: Day	Night/Weekend
Emergency Contact	
Doctor's Signature	



Asthma and Allergy Foundation of America

www.aafa.org

The Colors of a traffic light will help you use your asthma medicines.

Green means **Go Zone!** Use preventive medicine.

Yellow Means Caution Zone!
Add quick-relief medicine.

Red means **Danger Zone!** Get help from a doctor.

Personal Best Peak Flow _____

GO

You have all of these:

- · Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play

Peak flow from _____ to ____

CAUTION

You have any of these:

- · First signs of a cold
- Exposure to known trigger
- Cough
- Mild wheeze

• Tight chest • Coughing at night

Peak flow from to

DANGER

Your asthma is getting worse fast:

- · Medicine is not helping
- Breathing is hard and fast
- · Nose opens wide
- Ribs show
- · Can't talk well

Peak flow reading below

Use t	these da	ily	prevent	ive and	i -	inf	lamma	tory	med	ici	nes
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MEDICINE	HOW MUCH	HOW OFTEN/WHEN		
For asthma with exercise, take:				

Continue with green zone medicine and add:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

CALL YOUR PRIMARY CARE PROVIDER.

Take these medicines and call your doctor now.

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

GET HELP FROM A DOCTOR NOW! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT.

Make an appointment with your primary care provider within two days of an ER visit or hospitalization.