

ASTHMA ACTION PLAN



Asthma and Allergy
Foundation of America
aafa.org

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

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 | Use these daily controller medicines: | | |
|---|--|----------|-----------------|
| <p>You have <i>all</i> of these:</p> <ul style="list-style-type: none"> Breathing is good No cough or wheeze Sleep through the night Can work & play <p>Peak flow:</p> <div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; flex-direction: column; align-items: center; justify-content: center;"> from <hr style="width: 80%;"/> to <hr style="width: 80%;"/> </div> | MEDICINE | HOW MUCH | HOW OFTEN/WHEN |
| | | | |
| | | | |
| | | | |
| | For asthma with exercise, take: | | |
| | | | |
| CAUTION | Continue with green zone medicine and add: | | |
| <p>You have <i>any</i> of these:</p> <ul style="list-style-type: none"> First signs of a cold Exposure to known trigger Cough Mild wheeze Tight chest Coughing at night <p>Peak flow:</p> <div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; flex-direction: column; align-items: center; justify-content: center;"> from <hr style="width: 80%;"/> to <hr style="width: 80%;"/> </div> | MEDICINE | HOW MUCH | HOW OFTEN/ WHEN |
| | | | |
| | | | |
| | | | |
| | CALL YOUR ASTHMA CARE PROVIDER. | | |
| | | | |
| DANGER | Take these medicines and call your doctor now. | | |
| <p>Your asthma is getting worse fast:</p> <ul style="list-style-type: none"> Medicine is not helping Breathing is hard & fast Nose opens wide Trouble speaking Ribs show (in children) <p>Peak flow:</p> <div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; flex-direction: column; align-items: center; justify-content: center;"> reading below <hr style="width: 80%;"/> </div> | MEDICINE | HOW MUCH | HOW OFTEN/WHEN |
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| | | | |

GET HELP FROM A DOCTOR NOW! 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 asthma care provider within two days of an ER visit or hospitalization.