TRINITY BASIN PREPARATORY

ASTHMA ACTION PLAN

Name	Date
Doctor:	
Doctor's Phone #:	
Doctor's Signature:	
Emergency Contact:	

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



GREEN = Go Zone!
Use preventive medicine.

YELLOW = Caution Zone!
Add quick-relief medicine.

RED = Danger Zone!
Get help from a doctor.

Personal Best Peak Flow/
O2 LevelS _____

GO

You have *all* of these:

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

O2 Reading:
from ____ %
to ____ %

Use these daily controller medicines:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN
For asthma with exercise, take:		

CAUTION

You have *any* of these:

- First signs of a cold
- Exposure to known trigger
- Cough
- Mild wheeze
- Tight chest
- Coughing at night

O2 Reading:
from ____ %
to ____ %

Continue with green zone medicine and add:

MEDICINE	HOW MUCH	HOW OFTEN/ WHEN

CALL YOUR ASTHMA CARE PROVIDER.

DANGER

Your asthma is getting worse fast:

-Medicine is not helping
-Breathing is hard & fast
-Nose opens wide
-Trouble speaking
-Ribs show

O2 Reading:
Below ____ %

Take these medicines and call your doctor now.

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

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.