

Asthma Action Plan



Patient Name: _____

Effective Date: _____

Doctor's Name: _____

Doctor's Phone Number: _____

Ambulance Phone Number: _____

Emergency Contact: _____

Emergency Contact Number: _____




- Red** Means **DANGER ZONE!**
Seek medical help now
- Yellow** Means **CAUTION ZONE!**
Add prescribed yellow zone medication
- Green** Means **GO ZONE!**
Use preventive medicine

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

Green = GO

You have ALL of these:

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



My personal best peak flow is _____

If peak flow meter used:
Peak flow greater than _____
(100% to 80% of personal best)

Use these medicines every day and avoid asthma triggers.

Medicine	How Much to Take	When to Take It

For asthma with exercise, take:


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Hold breath for 10 seconds after using inhalers, then brush teeth or rinse mouth

Yellow = Caution

You have ANY of these:

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



This is not where you should be every day.
Take action to get your asthma under control

If peak flow meter used:
_____ to _____
(80% to 50% of personal best)

CHANGE medicine to:

Medicine	How Much to Take	When to Take It
First →		
Next →		

Call your doctor if not better in 2-3 days. Your child may need steroids by mouth and should be seen. If not responding to Albuterol, see RED ZONE


Pay special attention to your Trigger control:

- Avoid Tobacco Smoke
- Prevent Cockroaches
- Wash Bedding Weekly
- Clean Mold
- Pets Out of Bedroom
- Others:

RED = DANGER

Your asthma is getting worse:

- Medicine is not helping within 10-20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Trouble walking
- Trouble talking
- Lips and/or fingernails blue




If peak flow meter is used:
Peak flow below _____
(Below 50% of personal best)

Take these medicines and call your doctor NOW.

Medicine	How Much to Take	When to Take It

SEEK EMERGENCY CARE OR CALL 911 NOW IF:
Lips or fingernails are bluish color, hard to breathe, or can't talk or walk due to shortness of breath.
Make an appointment with your primary care provider within two days of an ER visit or hospitalization.



Health Care Provider Signature: _____