

# Asthma Action Plan

For: \_\_\_\_\_ Doctor: \_\_\_\_\_ Date: \_\_\_\_\_  
 Doctor's Phone Number \_\_\_\_\_ Hospital/Emergency Department Phone Number \_\_\_\_\_

## GREEN ZONE

### Doing Well

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

And, if a peak flow meter is used,

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

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

Take these long-term control medicines each day (include an anti-inflammatory).

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____

Before exercise  \_\_\_\_\_  2 or  4 puffs \_\_\_\_\_ 5 minutes before exercise

## YELLOW ZONE

### Asthma Is Getting Worse

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

-Or-

**Peak flow:** \_\_\_\_\_ to \_\_\_\_\_  
 (50 to 79 percent of my best peak flow)

**First** Add: quick-relief medicine—and keep taking your GREEN ZONE medicine.

\_\_\_\_\_  2 or  4 puffs, every 20 minutes for up to 1 hour  
 (short-acting beta<sub>2</sub>-agonist)  Nebulizer, once

**Second** If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:

Continue monitoring to be sure you stay in the green zone.

-Or-

If your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:

Take: \_\_\_\_\_  2 or  4 puffs or  Nebulizer  
 (short-acting beta<sub>2</sub>-agonist)

Add: \_\_\_\_\_ mg per day For \_\_\_\_\_ (3–10) days  
 (oral steroid)

Call the doctor  before/  within \_\_\_\_\_ hours after taking the oral steroid.

## RED ZONE

### Medical Alert!

- 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

-Or-

**Peak flow:** less than \_\_\_\_\_  
 (50 percent of my best peak flow)

Take this medicine:

\_\_\_\_\_  4 or  6 puffs or  Nebulizer  
 (short-acting beta<sub>2</sub>-agonist)

\_\_\_\_\_ mg  
 (oral steroid)

Then call your doctor NOW. Go to the hospital or call an ambulance if:

- You are still in the red zone after 15 minutes AND
- You have not reached your doctor.

**DANGER SIGNS** ■ Trouble walking and talking due to shortness of breath  ■ Take  4 or  6 puffs of your quick-relief medicine AND  
 ■ Lips or fingernails are blue  ■ Go to the hospital or call for an ambulance \_\_\_\_\_ NOW!  
 (phone)

See the reverse side for things you can do to avoid your asthma triggers.