Asthma Action Plan

For: ___________________________  Doctor: ___________________________  Date: ___________________________
Doctor’s Phone Number ___________________________  Hospital/Emergency Department Phone Number ___________________________

**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: ______

Before exercise

- 2 or 4 puffs ______
- 5 minutes before exercise

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

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
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**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 ______
  (60 to 79 percent of my best peak flow)

**First**

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

- ______ (short-acting beta2-agonist) 2 or 4 puffs, every 20 minutes for up to 1 hour
- 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: ______ (short-acting beta2-agonist) 2 or 4 puffs or Nebulizer
- Add: ______ mg per day For ______ (3–10) days
- Call the doctor before/within ______ hours after taking the oral steroid.

**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:**

- ______ (short-acting beta2-agonist) 4 or 6 puffs or Nebulizer
- ______ mg

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
- Lips or fingernails are blue

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