

# Asthma Action Plan

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Classification: \_\_\_\_\_ Best Peak flow: \_\_\_\_\_

PCP: \_\_\_\_\_ Clinic & Number: \_\_\_\_\_ Triggers: \_\_\_\_\_

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)

**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

**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.