

**Asthma Action Plan For:**  
**Doctor's Name:**

**Date:**  
**Phone:**

**GREEN ZONE.**

Peak flow#            You're doing well. You have no symptoms of asthma and can do usual activities. Take the following medicines every day to keep asthma under good control.

- 1.
- 2.
- 3.

**YELLOW ZONE.**

*Also use the yellow zone for cold and flu symptoms*

Peak flow#            Slow down. Something has caused your asthma to flare up. You may be coughing, wheezing, chest hurts or you feel short of breath. You may also notice that you feel more tired than normal, moody, waking at night due to cough, allergy symptoms and unable to do usual activities. Avoid asthma triggers. Follow the treatment below.

First:

- 1.
- 2.

No improvement? Follow the next step.

If your peak flow # is in yellow zone and asthma symptoms do not change take the following:

- 1.
- 2.

Continue for the next \_\_\_\_\_ hours

Next call your doctor today for further instructions.

**If your asthma symptoms are worse or peak flow # is going down after treatment, follow red zone instructions.**

**RED ZONE.**

**Peak flow#            or below. This is a medical alert! You may feel very short of breath, symptoms from yellow zone are getting worse. Follow the treatment below:**

- 1.
- 2.
- 3.

**Go to the emergency room if:**

1. **Peak flow # is still in the red zone and asthma symptoms are not improving after treatment with Albuterol/Proventil/Xopenex.**
2. **You cannot reach your doctor.**

**Call 911 if you cannot walk or talk due to shortness of breath, lips or fingernails are blue.**