

**Asthma Action Plan for** \_\_\_\_\_ **Doctor's Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Doctor's Phone Number** \_\_\_\_\_ **Hospital/Emergency Room 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% 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**

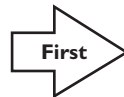
\_\_\_\_\_  2 or  4 puffs      5 to 60 minutes before exercise

**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 \_\_\_\_\_  
(60% - 80% 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 beta2-agonist)  Nebulizer, once



**Second**

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

- Take the quick-relief medicine every 4 hours for 1 to 2 days.
- Double the dose of your inhaled steroid for \_\_\_\_\_ (7-10) days.

**-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 beta2-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 \_\_\_\_\_  
(60% of my best peak flow)

**Take this Medicine:**

- \_\_\_\_\_  4 or  6 puffs or  Nebulizer  
(short-acting beta2-agonist)
- \_\_\_\_\_ mg.  
(oral steroid)

**Then call your doctor NOW. Go to the hospital or call for 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



- ✓ Take  4 or  6 puffs of your quick-relief medicine AND
- ✓ Go to the hospital or call for an ambulance ( \_\_\_\_\_ ) NOW!