## **Asthma Action Plan**

\_\_\_\_ to \_\_\_\_



## **General Information:** Name ■ Emergency contact \_\_\_\_\_ Phone numbers \_\_\_\_\_ ■ Physician/Health Care Provider \_\_\_\_\_ Phone numbers \_\_\_\_\_ Physician Signature — \_\_ Date \_\_ Severity Classification Triggers Exercise O Mild Intermittent O Moderate Persistent O Colds O Smoke O Weather 1. Pre-medication (how much and when) O Mild Persistent O Severe Persistent O Exercise O Dust Air pollution O Animals O Food 2. Exercise modifications \_\_\_\_\_ O Other Green Zone: Doing Well Peak Flow Meter Personal Best = **Symptoms** Control Medications ■ Breathing is good How Much to Take Medicine When To Take It ■ No cough or wheeze Can work and play ■ Sleeps all night **Peak Flow Meter** More than 80% of personal best or \_\_\_\_\_ **Yellow Zone:** Getting Worse Contact Physician if using quick relief more than 2 times per week. Continue control medicines and add: **Symptoms** ■ Some problems breathing How Much to Take Medicine When To Take It ■ Cough, wheeze or chest tight ■ Problems working or playing ■ Wake at night IF your symptoms (and peak flow, if used) IF your symptoms (and peak flow, if used) **Peak Flow Meter DO NOT return to the GREEN ZONE after** return to Green Zone after one hour of the Between 50 to 80% of personal best or quick relief treatment, THEN 1 hour of the quick relief treatment, THEN \_\_\_ to \_\_\_\_ O Take quick-relief medication every O Take quick-relief treatment again 4 hours for 1 to 2 days O Change your long-term control medicines by O Change your long-term control medicines by O Call your physician/Health Care Provider O Contact your physician for follow-up care within \_\_\_\_\_ hours of modifying your medication routine Red Zone: Medical Alert **Ambulance/Emergency Phone Number:** Continue control medicines and add: **Symptoms** ■ Lots of problems breathing How Much to Take Medicine When To Take It Cannot work or play Getting worse instead of better ■ Medicine is not helping **Peak Flow Meter** Go to the hospital or call for an ambulance if Call an ambulance immediately if the following danger signs are present Between 0 to 50% of personal best or

O Still in the red zone after 15 minutes O If you have not been able to reach your

physician/health care provider for help

O Trouble walking/talking due to shortness of breath

O Lips or fingernails are blue