

ASTHMA ACTION PLAN



Asthma and Allergy
Foundation of America
aafa.org

Name:	Date:
Doctor:	Medical Record #:
Doctor's Phone #: Day	Night/Weekend
Emergency Contact:	
Doctor's Signature:	

The colors of a traffic light will help you use your asthma medicines.



GREEN means **Go Zone!**

Use preventive medicine.

YELLOW means **Caution Zone!**

Add quick-relief medicine.

RED means **Danger Zone!**

Get help from a doctor.

Personal Best Peak Flow: _____

GO		Use these daily controller medicines:		
<p>You have <i>all</i> of these:</p> <ul style="list-style-type: none"> Breathing is good No cough or wheeze Sleep through the night Can work & play 	<p>Peak flow:</p> <p>from _____</p> <p>to _____</p>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN
		For asthma with exercise, take:		
CAUTION		Continue with green zone medicine and add:		
<p>You have <i>any</i> of these:</p> <ul style="list-style-type: none"> First signs of a cold Exposure to known trigger Cough Mild wheeze Tight chest Coughing at night 	<p>Peak flow:</p> <p>from _____</p> <p>to _____</p>	MEDICINE	HOW MUCH	HOW OFTEN/ WHEN
		CALL YOUR ASTHMA CARE PROVIDER.		
DANGER		Take these medicines and call your doctor now.		
<p>Your asthma is getting worse fast:</p> <ul style="list-style-type: none"> Medicine is not helping Breathing is hard & fast Nose opens wide Trouble speaking Ribs show (in children) 	<p>Peak flow:</p> <p>reading below _____</p>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN

GET HELP FROM A DOCTOR NOW! Your doctor will want to see you right away. It's important!
If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT.**

Make an appointment with your asthma care provider within two days of an ER visit or hospitalization.