

# ASTHMA ACTION PLAN

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## ASTHMA IS UNDER CONTROL

### Green Level—Good Control

### WHAT SHOULD I DO?

- Normal breathing
- No cough or wheeze
- Normal activity
- Normal sleep
- No need for Reliever medicine



#### CONTROLLER

MEDICINE	PUFFS/DOSE	TIMES/DAY

#### RELIEVER

		As needed
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Keep Up The Good Work!

- **Reliever** medicine can be used for asthma symptoms (cough, wheeze, difficulty breathing).

## TIME TO TAKE ACTION!

### Yellow Level—Caution

- Cold symptoms
- Symptoms at night
- Symptoms with activity
- Reliever medicine used more than 3 times a week for symptoms



#### CONTROLLER

MEDICINE	PUFFS/DOSE	TIMES/DAY

#### RELIEVER

		As needed
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- Start or increase **Controller** medicine
- When better, return to Green Level

- If **Reliever** medicine is needed every 4 hours, call your doctor.
- See your doctor if asthma symptoms are not improving after two days.

## GET HELP!

### RED LEVEL—DANGER

### GO TO THE CLOSEST EMERGENCY IMMEDIATELY!

- Reliever medicine needed in less than 3 hours
- Reliever medicine does not begin to improve asthma symptoms in 10 minutes



- Use **Reliever** medicine as much as needed on the way to the Emergency!

Comments: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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