

# Asthma Action Plan

Your name	Today's Date	Next appt (date/time)
Emergency contact	Phone	Phone
Health care provider	Signature	Phone

## Green Zone

My symptoms	What I should do	My medicine
No wheezing, coughing, or chest tightness Asthma is not bothering your sleep, work, or school You rarely or never use your quick-relief medicine Peak flow is: _____ 80% to 100% of your personal best	Keep taking your long-term controller medicines Take your quick-relief medicines as needed Avoid your asthma triggers (list): _____ _____ _____ _____ _____ _____ _____	Long-term controllers: Name _____ Dose _____ How often _____ Special instructions _____ Name _____ Dose _____ How often _____ Special instructions _____ Quick-relief: _____ _____ Before exercise: <input type="checkbox"/> NA _____ _____

## Yellow Zone=Caution!

Some wheezing, coughing, or chest tightness When at rest, your breathing is a little faster than normal Asthma symptoms wake you up at night Peak flow is: _____ 50% to 80% of your personal best or has lessened by at least 15% You begin to have symptoms of a respiratory infection, if infections trigger your symptoms	Keep taking your long-term controller medicines Use your quick-relief medicine If you do not feel better within an hour after using your quick-relief medicine, make sure you know what to do! You might use more medicine or use another medicine. Call your health care provider if you are unsure	Continue to take long-term controllers: Name _____ Dose _____ How often _____ Special instructions _____ Name _____ Dose _____ How often _____ Special instructions _____ Quick-relief: _____ _____ Quick-relief: _____ _____ If your asthma symptoms don't go away after 1 hour, take: _____ _____
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## Red Zone=Danger!

Continuous wheezing, coughing, or trouble breathing Trouble walking or talking Asthma symptoms make it hard for you to sleep Peak flow is: _____ Less than 50% of your personal best	Use your quick-relief medications Call your health care provider Call 911 if: <ul style="list-style-type: none"> <li>• It is getting harder to breathe</li> <li>• You can't walk or talk</li> <li>• Your lips or fingers look gray or blue</li> </ul>	Quick-relief: _____ _____ Quick-relief: _____ _____ Quick-relief: _____ _____
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