

Asthma ACTION PLAN

- Breathing is easy
- No coughing
- No wheezing
- No shortness of breath
- Can work, play, and sleep easily
- Using quick-relief medication less than twice a week
- PEAK FLOW**
80%-100% of personal best



Avoid these asthma triggers: _____

Take **CONTROLLER** medication: _____

Take **QUICK-RELIEF** medication:

- Before exercise: _____
- Before exposure to a trigger: _____

Keep **ORAL STEROIDS** on hand in case you fall into **STEP 3** of the yellow zone or into the red zone.

- Using quick-relief medication more than twice a week*
- Coughing
- Wheezing
- Shortness of breath
- Difficulty with physical activity
- Waking at night
- Tightness in chest
- PEAK FLOW**
50%-80% of personal best



STEP 1: Add QUICK-RELIEF medication:

STEP 2: Monitor your symptoms:

- If symptoms **GO AWAY** quickly, return to the green zone.
- If symptoms **CONTINUE** or return within a few hours:

Add _____

STEP 3: Continue monitoring your symptoms:

- If symptoms **CONTINUE** after step 2 treatment:

Add _____ oral steroid medication

Call your healthcare provider: _____

*You might need a change in your treatment plan

- Medication is not helping
- Breathing is very difficult
- Cannot walk or play
- Cannot talk easily
- PEAK FLOW**
Less than 50% of personal best



Call your healthcare provider: _____

If you can't reach your healthcare provider quickly, go to the nearest hospital emergency room or call 911 immediately.

Go to the hospital emergency room or call 911 immediately.

• If you have an oral steroid at home, take _____ mg of _____ as you leave for the hospital.

• Continue to use your quick-relief medication _____ as you go to the emergency room.

Asthma symptoms can get worse quickly. When in doubt, seek medical help.