tor's Name:		Main Emergency Conta	act:			
tor's Phone Number: _		Backup Emergency Contact:				
en Zone: No coughing, do usual activities.	, wheezing, chest t	tightness, or shortness of	breath.		Do	
Every day: Take these Avoid triggers that you		f you're not having any sym asthma worse.	nptoms.		W	
Medicine		How much to take	Whe	When to take		
Before you exercise: Tak	se []2 or []4 Puffs o	of5 min	utes befo	re you start, a	s neede	
athing trouble, waking if you can only do som	g up at night due t ne, but not all, usu	ms: coughing, wheezing, classing, classing, classing, classing, classing, classing activities. and avoiding triggers as usi			So Symp	
athing trouble, waking if you can only do som	en Zone medicine a	o asthma. Ial activities.			So Symp	
athing trouble, waking if you can only do som Keep taking your Gree	en Zone medicine a How much to ta	and avoiding triggers as usu	ual <u>AND</u>		So Symp dicine:	
athing trouble, waking if you can only do som Keep taking your Gree Medicine (Quick-relief) If you return to the Gree	en Zone medicine a How much to ta Puffs Can repeat every	nal activities. and avoiding triggers as usual	ual <u>AND</u> S OR	take this med	So Symp dicine:	
athing trouble, waking if you can only do som Keep taking your Gree Medicine (Quick-relief) If you return to the Gree	en Zone medicine a How much to ta Puffs Can repeat every en Zone after 1 hour, o the Green Zone a	co asthma. Inal activities. Innd avoiding triggers as usual ke and how often I minutes, Up to time keep monitoring to be sure y	ual <u>AND</u> S OR	take this med	So Symp dicine:	
Keep taking your Gree Medicine (Quick-relief) If you do not return to	en Zone medicine a How much to ta Puffs Can repeat every en Zone after 1 hour, o the Green Zone a	co asthma. Inal activities. Ind avoiding triggers as usual ke and how often I minutes, Up to time keep monitoring to be sure y fter 1 hour take this medic	ual <u>AND</u> S OR	take this med	So Symp dicine:	

Call your doctor (or have someone call) just before you take the oral steroid OR _____ minutes/hours after taking the oral steroid, based on the instructions your doctor gave when the medicine was prescribed.

thma Action Plan Name:				Date:	_//	
		Main Emergency Contact:				
		Backup Emergency Contact:				
lped, or symptoms ar	Very short of breath, or que the same or worse after of your usual activities.				Severe Symptom Emergend	
Take this medicine	How much to take					
(Quick-relief)	Puffs Can repeat every mir up to times	nutes,	OR	[] Nebul Can repea minute times	t every	
(Oral steroid)	Take mg.					
If you're still in the to the hospital or of the life you have these breath or your lips quick-relief medici	OANGER SIGNS: trouble or fingernails are blue, ne and GO to the hospit GNS mean you need hel	tes and have not rea walking or talking d pale, or gray, take al or call 911 NOW!	ue to	shortne uffs of yo	ss of our	
you use a peak flow n	neter you can use these sc	ores to determine you	ır cur	rent zone:		
Your best score	Your green zone	Your yellow zone	e	You	r red zone	
	or higher (80% of best score)	to (50 to 80% of best sco	ore)		or lower of best score)	