

Asthma Action Plan

Name: _____

Date: ____ / ____ / ____

Doctor's Name: _____ Main Emergency Contact: _____

Doctor's Phone Number: _____ Backup Emergency Contact: _____

**Green Zone: No coughing, wheezing, chest tightness, or shortness of breath.
Can do usual activities.**



Every day: Take these medicines, even if you're not having any symptoms.
Avoid triggers that you know make your asthma worse.

Medicine	How much to take	When to take

Before you exercise: Take [] 2 or [] 4 Puffs of _____ 5 minutes before you start, as needed.

**Yellow Zone: One or more of these symptoms: coughing, wheezing, chest tightness, breathing trouble, waking up at night due to asthma.
Or, if you can only do some, but not all, usual activities.**



Keep taking your Green Zone medicine and avoiding triggers as usual **AND** take this medicine:

Medicine	How much to take and how often		
(Quick-relief)	_____ Puffs Can repeat every ____ minutes, Up to ____ times	OR	[] Nebulizer: Use it once

If you return to the Green Zone after 1 hour, keep monitoring to be sure you stay in the Green Zone.

If you do **not** return to the Green Zone after 1 hour take this medicine:

Medicine	How much to take and how often		
(Quick-relief)	_____ Puffs	OR	[] Nebulizer: Use it once
AND: (Oral Steroid)	Take _____ mg each day for ____ (3 to 10) days		

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.

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Red Zone: EMERGENCY! Very short of breath, or quick-relief medicines have not helped, or symptoms are the same or worse after 24 hours in the Yellow Zone. Or, if you cannot do any of your usual activities.

Severe
Symptoms
Emergency

Take this medicine	How much to take		
(Quick-relief)	_____ Puffs Can repeat every ____ minutes, up to ____ times	OR	[] Nebulizer: Can repeat every ____ minutes, up to ____ times
(Oral steroid)	Take _____ mg.		

After you take your medicine, call your doctor right away!
If you're still in the Red Zone after 15 minutes and have not reached your doctor, go to the hospital or call 911!

If you have these **DANGER SIGNS**: trouble walking or talking due to shortness of breath or your lips or fingernails are blue, pale, or gray, take _____ puffs of your quick-relief medicine and GO to the hospital or call 911 NOW!

These **DANGER SIGNS** mean you need help right away. Don't wait to hear back from your doctor.
GO to the hospital or call 911 NOW!

If you use a peak flow meter you can use these scores to determine your current zone:

Your best score	Your green zone	Your yellow zone	Your red zone
_____	_____ or higher (80% of best score)	_____ to _____ (50 to 80% of best score)	_____ or lower (50% of best score)