



Asthma Action Plan

General Information:

■ Name _____
 ■ Emergency contact _____ Phone numbers _____
 ■ Physician/Health Care Provider _____ Phone numbers _____
 ■ Physician Signature _____ Date _____

Severity Classification		Triggers			Exercise
Mild Intermittent	Moderate Persistent	Colds	Smoke	Weather	1. Pre-medication (how much and when) _____
Mild Persistent	Severe Persistent	Exercise	Dust	Air pollution	_____
		Animals	Food		2. Exercise modifications _____
		Other _____			

Green Zone: Doing Well

Peak Flow Meter Personal Best = _____

Symptoms	Control Medications		
	Medicine	How Much to Take	When To Take It
<ul style="list-style-type: none"> ■ Breathing is good ■ No cough or wheeze ■ Can work and play ■ Sleeps all night 	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Peak Flow Meter
More than 80% of personal best or _____

Yellow Zone: Getting Worse

Contact Physician if using quick relief more than 2 times per week.

Symptoms	Continue control medicines and add:		
	Medicine	How Much to Take	When To Take it
<ul style="list-style-type: none"> ■ Some problems breathing ■ Cough, wheeze or chest tight ■ Problems working or playing ■ Wake at night 	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Peak Flow Meter
Between 50 to 80% of personal best or _____ to _____

IF your symptoms (and peak flow, if used) return to Green Zone after one hour of the quick relief treatment, THEN

- Take quick-relief medication every 4 hours for 1 to 2 days
- Change your long-term control medicines by _____
- Contact your physician for follow-up care

IF your symptoms (and peak flow, if used) DO NOT return to the GREEN ZONE after 1 hour of the quick relief treatment, THEN

- Take quick-relief treatment again
- Change your long-term control medicines by _____
- Call your physician/Health Care Provider within _____ hours of modifying your medication routine

Red Zone: Medical Alert

Ambulance/Emergency Phone Number: _____

Symptoms	Continue control medicines and add:		
	Medicine	How Much to Take	When To Take It
<ul style="list-style-type: none"> ■ Lots of problems breathing ■ Cannot work or play ■ Getting worse instead of better ■ Medicine is not helping 	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Peak Flow Meter
Between 0 to 50% of personal best or _____ to _____

Go to the hospital or call for an ambulance if

- Still in the red zone after 15 minutes
- If you have not been able to reach your physician/health care provider for help
- _____

Call an ambulance immediately if the following danger signs are present

- Trouble walking/talking due to shortness of breath
- Lips or fingernails are blue