

# 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	<b>OR</b>	[ ] 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	<b>OR</b>	[ ] Nebulizer: Use it once
<b>AND:</b> (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	<b>OR</b>	[ ] 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)