

# Asthma Action Plan

## *A Guideline for Managing Your Asthma*

An asthma action plan can help you recognize early warning signs, and how to act to prevent an asthma attack. But simply having a plan isn't enough – you also need to know how to use this tool to stop asthma attacks, before they get out of control.

This action plan is for: \_\_\_\_\_

Date plan developed: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Hospital / ER Address / Phone #: \_\_\_\_\_

### MY PERSONAL ASTHMA TRIGGERS

- Pollen
- Mold
- Dust
- Cats
- Dogs
- Fumes
- Cold air
- Smoke
- Other: \_\_\_\_\_

**INSTRUCTIONS:** This plan is divided into 3 zones, green, yellow, and red, similar to the colors on a traffic light.

If you are in the **GREEN** zone, then you're doing well. You probably don't need to do anything other than take your daily medicines as prescribed.

If you are in the **YELLOW** zone, it means you are getting a warning. Yellow means that your asthma may be getting worse and you are probably having a flare up. Action is needed to prevent an asthma attack.

If you are in the **RED** zone, you are in danger, and you **MUST** take emergency action, as described on the plan, right away!

The steps you need to follow are listed in each zone. If you have any questions about your Asthma Action Plan, be sure to discuss it with your doctor *before* you get into the yellow or red zones.



## **GREEN ZONE means... You Are Doing Well!**

### **Symptoms:**

- You feel good
- You have no cough, wheezing, or other breathing problems

### **And / Or... Peak Flow Readings Are:**

At least 80% or more of my best peak flow, which would be \_\_\_\_\_

My best peak flow is \_\_\_\_\_

### **Take these medicines every day (name/dose/how often):**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



## YELLOW ZONE means... Your Asthma Is Getting Worse

### Symptoms:

- You are having mild cough, wheezing, chest tightness
- You may also have shortness of breath
- You sometimes wake up at night due to asthma
- You can do some of your usual activities, but not all

### Or... Peak Flow Readings Are:

only 50 to 80% of my best peak flow: \_\_\_\_\_

### Actions to Take:

1. Keep taking your daily medicine
2. Next, add the following quick-relief medicine:

\_\_\_\_\_

3. If your symptoms do not improve, call your doctor!



## RED ZONE means... Medical Alert!

### Symptoms:

- You are very short of breath & actively wheezing
- You cannot do your usual activities
- Quick-relief medicine is not relieving your symptoms
- You've been in the YELLOW zone for 24 hours with no improvement

### Or... Peak Flow Readings Are:

less than 50% of your best peak flow: \_\_\_\_\_

### Actions to Take:

1. Keep taking your daily medicine
2. Next, add the following quick-relief medicine:  
\_\_\_\_\_
3. Call your family doctor NOW!
4. If you are still in RED zone after 15 minutes AND you have not reached your doctor, then GO TO THE HOSPITAL OR CALL AN AMBULANCE!

**Extreme Danger Signs-If you see any of these, you must get emergency help immediately:**

- Lips or fingernails turning blue or purplish (cyanosis)
- Trouble walking or talking
- Chest sucking in
- Nostrils flaring open