Asthma Action Plan

General Information:
- Name ____________________________
- Emergency contact ____________________________ Phone numbers ____________________________
- Physician/Health Care Provider ____________________________ Phone numbers ____________________________
- Physician Signature ____________________________ Date ____________________________

Severity Classification
- ☐ Mild Intermittent
- ☐ Moderate Persistent
- ☐ Mild Persistent
- ☐ Severe Persistent

Triggers
- ☐ Colds
- ☐ Smoke
- ☐ Exercise
- ☐ Dust
- ☐ Weather
- ☐ Animals
- ☐ Food
- ☐ Other ____________________________

Exercise
1. Pre-medication (how much and when) ____________________________
2. Exercise modifications ____________________________

Green Zone: Doing Well

Symptoms
- 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

Symptoms
- 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 ________

Control Medications

Medicine How Much to Take When To Take It

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

Symptoms
- 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 ________

Control Medications

Medicine How Much to Take When To Take It

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

Ambulance/Emergency Phone Number: ____________________________