



ASTHMA ACTION PLAN

Name: _____
 Date: ____/____/____
 Dr. or Clinic: _____
 Phone: _____

GREEN ZONE Doing Well

- No coughing, wheezing, or shortness of breath
- Can do usual activities

Personal Asthma Goals: _____

Take these medicines every day for long-term control:

| Name of med: | How much to take: | How often (or when): |
|--------------|-------------------|----------------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

- ☆ Use a valved holding chamber (spacer) with metered dose inhalers
- ☆ Avoid cigarette smoke and other triggers
- ☆ Avoid what you are allergic to (if unknown, discuss tests with your doctor)
- ☆ See your doctor every 1 to 6 months for preventive care
- ☆ Take 2 puffs of albuterol 10 to 60 minutes **before exercise**, if needed

YELLOW ZONE Caution

- Coughing, or wheezing, or shortness of breath, or
- Nighttime awakenings with symptoms, or
- Usual activities limited

Take your **GREEN ZONE** meds plus for quick symptom relief take:

- Albuterol inhaler 2 puffs 4 puffs - Use of a valved holding chamber (spacer) is recommended
- Albuterol premix vial by nebulizer machine
- Other medication: _____
- Call provider** if child needs to use their inhaler or nebulizer:
 1. 3 or more times per **day** when ill
 2. 3 or more times per **week** when well
 3. or night time symptoms of 3 or more nights per **month**

every 4-6 hours
for symptoms

If you need to take three treatments in one hour (either by inhaler or nebulizer), or if you need 12 puffs by inhaler or 3 treatments by nebulizer within 24 hours, proceed to the **RED ZONE** instructions below.

RED ZONE Medical alert!

- Short of breath, or
- Coughing or wheezing not helped with meds, or
- Cannot do activities

1. Call your physician or clinic now (phone number above).
2. If extremely short of breath, call 911 immediately.
3. Continue the meds listed above plus:

- Instructions per your provider
- Oral corticosteroid _____ **NOW**
- Repeat albuterol every 20 minutes for a total of 3 doses while you **go to the emergency department.**

Remember that albuterol is just a short-acting bronchodilator for temporary relief. Corticosteroids are needed to control the inflammation in your lungs, which is the actual cause of the symptoms.