


Asthma Action Plan

Name: _____ Date: _____
 Physician or Clinic: _____ Phone Number: () _____ - _____

GREEN ZONE
Doing Well



- No coughing, wheezing, or difficulty breathing
- Can do usual activities

OR

- if a peak flow meter is used, your peak flow is at least: _____
- (80% or more of best* peak flow)
 Best* peak flow: _____

*(*This is the personal best peak flow that you have consistently reached when doing well in the past year.)*


Personal Asthma Goal: _____

Take these medicines every day for long-term control:

Name of medication:	How much to take:	How often (or when):
_____	_____	_____
_____	_____	_____
_____	_____	_____

- For metered dose inhalers, use of a spacer with valve is recommended.
- Avoid tobacco smoke and what you are allergic to (if unknown, discuss tests with your doctor).
- See your doctor every 3 to 6 months for preventive care.
- Take 2 puffs of quick relief medication 10-60 minutes before exercise, if needed.

YELLOW ZONE
Caution



Coughing Wheezing Tight Chest Waking up at night

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

OR


- Peak flow is between _____ and _____
 (50% to 80% of best)

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

Name of medication:	How much to take:	How often (or when):
_____	_____	_____
_____	_____	_____
_____	_____	_____

If you have been in the yellow zone for over 24 hours, call your doctor.

RED ZONE
Medical Alert!



- Short of breath, difficulty talking, coughing or wheezing not helped with medications, *or*
- Cannot do activities, *or*
- Not responding to quick relief medication

OR

- Peak flow less than _____ (50% of best)

IF EXTREMELY SHORT OF BREATH, CALL 911 IMMEDIATELY.

You can repeat your quick relief medication every 20 minutes for a total of 3 doses while you go to the doctor's office or emergency department.

You can also start _____

Adapted from the NAEPP 3: <http://www.nhlbi.nih.gov/guidelines/asthma/>. For references, additional copies of the guideline, or patient documents go to www.coloradoguidelines.org or call (720) 297-1681 or 866-401-2092.