

# Asthma Action Plan



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone Numbers: \_\_\_\_\_

Primary Care Provider (PCP): \_\_\_\_\_

Phone Numbers: \_\_\_\_\_

<b>Triggers:</b> <input type="checkbox"/> Colds <input type="checkbox"/> Smoke <input type="checkbox"/> Animals: _____ <input type="checkbox"/> Dust <input type="checkbox"/> Mold <input type="checkbox"/> Food: _____ <input type="checkbox"/> Pollen <input type="checkbox"/> Exercise <input type="checkbox"/> Other: _____	Pre-exercise medicine (how much and when): _____ Exercise modifications: _____
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## Green Zone: Doing Well

Peak Flow Meter Personal Best: \_\_\_\_\_

- Breathing is good
- No coughing or wheezing
- Can work or play
- Sleeping well at night

Peak flow meter is more than 80% of personal best or \_\_\_\_\_

Control Medicines:

Medicine	How Much to Take	When to Take It
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Yellow: Getting Worse

Contact your PCP if using your rescue medicine more than 2 times per week.

**Symptoms:**

- Some problems breathing
- Coughing, wheezing, or chest tightness
- Problems working or playing
- Waking up at night

Peak flow meter is between 50%-80% of personal best or \_\_\_\_\_ to \_\_\_\_\_

Continue control medicines and add:

Medicine	How Much to Take	When to Take It
_____	_____	_____
_____	_____	_____
_____	_____	_____

If you return to the Green Zone after one hour of rescue medicine:

- Take quick-relief medicine every 4 hours for 1-2 days.
- Change your control medicine by \_\_\_\_\_
- Contact your PCP for follow-up care.

If you DO NOT return to the Green Zone after one hour of rescue medicine:

- Take rescue medicine, again.
- Change your control medicine by \_\_\_\_\_
- Call you PCP within \_\_\_\_\_ hour(s) of changing your treatment routine.

## Red: Medical Alert!

Get medical help, now!

**Symptoms:**

- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not helping

Peak flow meter is less than 50% of personal best or less than \_\_\_\_\_

Continue control medicines and add:

Medicine	How Much to Take	When to Take It
_____	_____	_____
_____	_____	_____
_____	_____	_____

Go to a hospital or call for an ambulance if:

- Still in the red zone after 15 minutes.
- Unable to reach your PCP for help.
- \_\_\_\_\_

Call an ambulance right away if you have these danger signs:

- Trouble walking or talking due to shortness of breath.
- Lips or fingernails are blue.