

# ASTHMA ACTION PLAN

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

Date: \_\_\_\_\_ Personal best: \_\_\_\_\_

Dates Reviewed: \_\_\_\_\_



## GREEN ZONE means GO ahead with your activities. You are doing well.

- Peak flow is more than \_\_\_\_\_ (80% of personal best).
- No coughing, wheezing or other asthma symptoms day or night.
- Usual activities cause no breathing problems.



- Take **daily asthma control medicine**: \_\_\_\_\_
- Take **asthma rescue medicine** (\_\_\_\_\_) 15 minutes before exercise.  
Avoid your asthma triggers:  smoke  colds  dust
- pollen  pets  strong odors  cold air  molds  cockroaches
- Work on your asthma management goals: \_\_\_\_\_



## YELLOW ZONE means SLOW DOWN. Your asthma is getting worse.

- Peak flow is \_\_\_\_\_ to \_\_\_\_\_ (50 to 80% of personal best), **OR**
- Coughing, wheezing, feeling short of breath day or night, **OR**
- Asthma warning symptoms are present:
  - itchy chin  sore throat  headache
  - stomach ache  sneezing  runny nose
  - watery eyes  not eating well
  - other \_\_\_\_\_



- Take 2 puffs **asthma rescue medicine** with spacer **NOW**,  
**OR**  Do one **asthma rescue medicine** nebulizer treatment **NOW**
- Try to be calm, get away from your triggers.
- If you are not better (still have symptoms or peak flow in yellow zone):
- Call your provider or clinic for advice at: \_\_\_\_\_
- Take **asthma rescue medicine** every 4 to 6 hours for 1 to 2 days.
- Take the usual dose **asthma daily control medicine**,  
**OR**  Take 2 times the usual number of puffs of your **asthma daily control medicine** each time you use it for 7-10 days.
- Other: \_\_\_\_\_



## RED ZONE means DANGER. Your asthma needs immediate attention!

- Peak flow is less than \_\_\_\_\_ ( 50% of personal best), **OR**
- Very short of breath, breathing very fast, **OR**
- Cannot do your usual activities, have trouble walking, talking or playing, **OR**
- Ribs show when you take a breath.



- ⇒ Take 2 puffs **asthma rescue medicine** now (or 1 nebulizer treatment)
- ⇒ Call your provider or clinic right away! If after regular clinic hours, call \_\_\_\_\_
- If you can not contact anyone, get help at the emergency room.
- ⇒ Take **asthma rescue medicine** again in 20 minutes
- ⇒ Then take **asthma rescue medicine** again in 20 minutes if you need it.

## EMERGENCY! CALL 911 or get to the emergency room right away! If you have any of these:



- albuterol is not helping
- red zone signs do not go away
- grunting when breathing
- sweaty, clammy or pale skin
- blue-gray color around lips
- or \_\_\_\_\_.

**FOR SCHOOL, AFTERSCHOOL or CHILDCARE PROGRAMS**

\_\_\_\_\_ has been instructed in the proper use of his/her medication.

In my professional opinion, this child:  should be allowed to carry and use these medications by him/herself.  
 needs help with using medicine.

Comments/Special Instructions: \_\_\_\_\_

Physician/Provider Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

Healthcare Site: \_\_\_\_\_

Site Phone # \_\_\_\_\_



**OR**  
**Site Stamp**

**Parent/Guardian**

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

**Emergency Phone # Parent/Guardian:** \_\_\_\_\_

Copy for:  
Home / School / Childcare/ Other family members/ Coach/ Public Health Nurse/ Medical Chart/ Community Health Worker