My Peak Flow

My best peak flow

Green Zone

(80-100 percent of best peak flow)

Yellow Zone

(50-79 percent of best peak flow)

Red Zone

(Less than 50 percent of best peak flow)



Talk to Your Doctor About:

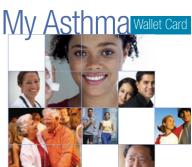
- Your asthma treatment goals and how to achieve them
- Your medications—what they are for, how much to take, and when and how to take them
- How to use your inhaler and a peak flow meter, if you have one
- Your asthma triggers and how to avoid them
- Warning signs of an asthma attack and what you should do if your symptoms get worse

Ask for a written asthma action plan for responding to worsening symptoms— and make sure you understand it.



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My Asthma Action Plan

_				
Do	ctor's Name			
Ad	dress			
Tel	ephone Num	ber		
Em	nergency Con	tact Nan	ne	
Но	spital/Emerg	ency Dep	partment l	Number

My Medicines

Long-Term Control Medicines

Name	Dose	When To Take

Quick-Relief Medicines

Name	Dose	When To Take
Short-acting beta ₂	-agonist:	

Warning Signs of an Asthma Attack

Check below any things that you know may warn you of an attack coming on:

- □ awakening at night□ difficulty breathing
- □ wheezing
- □ coughing, especially at night
- □ chest tightness
- ☐ feeling very tired☐ itchy or sore throat
- □ itchy nose
- □ itchy, watery or glassy eyes
- need more beta₂-agonist than usual
- □ other