

# Asthma Action Plan

Fill out this action plan with your doctor or nurse at your next visit.

Your Name	Your Emergency Contact: Name and Telephone Number
Your Doctor's Name	Your Doctor's Telephone Number

Your Personal Best Peak Flow: \_\_\_\_\_

Date of Action Plan: \_\_\_\_\_





## GREEN ZONE - No symptoms: You're doing well!

**You are doing well:**

- Breathing is good
- No coughing or Wheezing
- Sleeping through the night
- Can do usual activities

**Peak flow**

**From:** \_\_\_\_\_ **To:** \_\_\_\_\_  
80% to 100% of personal best

Medicine	How much	How often
 Controller or  Quick-Relief		
		
		

**Actions:**

- Take your controller medicine(s) every day as directed by your doctor.
- Take your quick-relief medicine \_\_\_\_\_ minutes before exercise.

## YELLOW ZONE - Caution: Your asthma is not in control.

**You may have any of these:**

- Mild wheezing
- Shortness of breath
- Coughing
- Walking at night with symptoms

**Peak flow**

**From:** \_\_\_\_\_ **To:** \_\_\_\_\_  
80% to 100% of personal best

**Actions:**

- Inhale \_\_\_\_\_ puff(s) of your quick-relief medicine every \_\_\_\_\_ minutes for up to \_\_\_\_\_ hours.  Or use nebulizer \_\_\_\_\_.

**If your symptoms don't get better (or your peak flow has not returned to the green zone) in 1 hour then:**

- Use your quick-relief medicine. Inhale \_\_\_\_\_ puff(s) every \_\_\_\_\_ hours.
- Add your oral steroid tablets \_\_\_\_\_.  
**Take \_\_\_\_\_ mg \_\_\_\_\_ times a day for \_\_\_\_\_ days.**
- Call your doctor within \_\_\_\_\_ hours after taking your oral steroid tablets.

## RED ZONE - Medical Alert: Get help right away!

**You may have any of these:**

- Breathing is hard and fast
- Very short of breath
- Using chest and neck muscles to breathe
- Fingernails or lips are blue

**Peak flow**

**Below:** \_\_\_\_\_  
Less than 50% of personal best

**Actions:**

- Use your quick-relief medicine NOW!  
\_\_\_\_\_
- Call your doctor NOW!
- Call 911 or go to the emergency room if you cannot reach your doctor. DO NOT WAIT!