# Asthma Action Plan

## General Information:
- Name _______________________________
- Emergency contact ___________________________ Phone numbers ___________________
- Physician/Health Care Provider ___________________________ Phone numbers ___________________
- Physician Signature ___________________________ Date __________________

## Severity Classification
- ○ Mild Intermittent
- ○ Mild Persistent
- ○ Moderate Persistent
- ○ Severe Persistent

## Triggers
- ○ Colds
- ○ Exercise
- ○ Dust
- ○ Animals
- ○ Weather
- ○ Food
- ○ Air pollution
- ○ Other

## Exercise
- 1. Pre-medication (how much and when) _______________________
- 2. Exercise modifications _______________________

## Symptoms

### Green Zone: Doing Well
- Breathing is good
- No cough or wheeze
- Can work and play
- Sleeps all night

### Yellow Zone: Getting Worse
- Some problems breathing
- Cough, wheeze or chest tight
- Problems working or playing
- Wake at night

### Red Zone: Medical Alert
- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not helping

## Peak Flow Meter
- More than 80% of personal best or _________
- Between 50 to 80% of personal best or _________ to _________
- Between 0 to 50% of personal best or _________ to _________

## Control Medications
- Medicine
- How Much to Take
- When To Take It

## Contact Physician if using quick relief more than 2 times per week.
- Continue control medicines and add:
- Medicine
- How Much to Take
- When To Take It

### IF your symptoms (and peak flow, if used) return to Green Zone after one hour of the quick relief treatment, THEN
- Take quick-relief medication every 4 hours for 1 to 2 days
- Change your long-term control medicines by
- Contact your physician for follow-up care

### IF your symptoms (and peak flow, if used) DO NOT return to the GREEN ZONE after 1 hour of the quick relief treatment, THEN
- Take quick-relief treatment again
- Change your long-term control medicines by
- Call your physician/Health Care Provider within _____ hours of modifying your medication routine

## Go to the hospital or call for an ambulance if
- Still in the red zone after 15 minutes
- If you have not been able to reach your physician/health care provider for help

## Call an ambulance immediately if the following danger signs are present
- Trouble walking/talking due to shortness of breath
- Lips or fingernails are blue

## Ambulance/Emergency Phone Number:

---

---