Asthma Action Plan

AMERICAN LUNG ASSOCIATION®

General Information:

- Name _____
- Emergency contact _____ Phone numbers _____
- Physician/healthcare provider_____ Phone numbers _____
- Physician signature _____ Date _____

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

Triggers
- ○ Colds   ○ Smoke   ○ Weather
- ○ Exercise ○ Dust   ○ Air Pollution
- ○ Animals   ○ Food
- ○ Other _____

Exercise
1. Premedication (how much and when) _____
   _____
2. Exercise modifications _____
   _____

Green Zone: Doing Well

Peak Flow Meter Personal Best =

Symptoms
- Breathing is good
- No cough or wheeze
- Can work and play
- Sleeps well at night

Peak Flow Meter
More than 80% of personal best or _____

Control Medications:

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

Yellow Zone: Getting Worse

Contact physician if using quick relief more than 2 times per week.

Symptoms
- Some problems breathing
- Cough, wheeze, or chest tight
- Problems working or playing
- Wake at night

Peak Flow Meter
Between 50% and 80% of personal best or
_____ to _____

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 medicine by
  _____
- ○ Contact your physician for follow-up care.

IF your symptoms (and peak flow, if used) DO NOT return to Green Zone after one hour of the quick-relief treatment, THEN
- ○ Take quick-relief treatment again.
- ○ Change your long-term control medicine by
  _____
- ○ Call your physician/Healthcare provider within _____ hour(s) of modifying your medication routine.

Red Zone: Medical Alert

Ambulance/Emergency Phone Number:

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

Peak Flow Meter
Less than 50% of personal best or
_____ to _____

Continue control medicines and add:

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

Go to the hospital or call for an ambulance if:
- ○ Still in the red zone after 15 minutes.
- ○ You have not been able to reach your physician/healthcare 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.