# ASTHMA ACTION PLAN

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doctor:</td>
<td>Medical Record #:</td>
</tr>
<tr>
<td>Doctor's Phone #: Day</td>
<td>Night/Weekend</td>
</tr>
<tr>
<td>Emergency Contact:</td>
<td></td>
</tr>
<tr>
<td>Doctor's Signature:</td>
<td></td>
</tr>
</tbody>
</table>

The colors of a traffic light will help you use your asthma medicines.

- **GREEN** means Go Zone! Use preventive medicine.
- **YELLOW** means Caution Zone! Add quick-relief medicine.
- **RED** means Danger Zone! Get help from a doctor.

**Personal Best Peak Flow:**

### GO

Use these daily controller medicines:

<table>
<thead>
<tr>
<th>MEDICINE</th>
<th>HOW MUCH</th>
<th>HOW OFTEN/WHEN</th>
</tr>
</thead>
</table>

You have all of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work & play

Peak flow: from _ to _

For asthma with exercise, take:

### CAUTION

Continue with green zone medicine and add:

<table>
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<th>MEDICINE</th>
<th>HOW MUCH</th>
<th>HOW OFTEN/WHEN</th>
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</table>

You have any of these:

- First signs of a cold
- Exposure to known trigger
- Cough
- Mild wheeze
- Tight chest
- Coughing at night

Peak flow: from _ to _

CALL YOUR ASTHMA CARE PROVIDER.

### DANGER

Take these medicines and call your doctor now.

<table>
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<tr>
<th>MEDICINE</th>
<th>HOW MUCH</th>
<th>HOW OFTEN/WHEN</th>
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Your asthma is getting worse fast:

- Medicine is not helping
- Breathing is hard & fast
- Nose opens wide
- Trouble speaking
- Ribs show (in children)

Peak flow: reading below ___

GET HELP FROM A DOCTOR NOW! Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT. Make an appointment with your asthma care provider within two days of an ER visit or hospitalization.