Asthma Action Plan



General Information:					
			hone numbers		
					■ Physician signature
Severity Classification O Intermittent O Moderate Persistent O Mild Persistent O Severe Persistent	O Colds O Smoke O Weather O Exercise O Dust O Air Pollution		1. Premedication (how much and when) 2. Exercise modifications		
Green Zone: Doing Well	Peak Flow Meter Person	al Best =			
Symptoms	Control Medications:				
 Breathing is good No cough or wheeze Can work and play Sleeps well at night 				When to Take It	
Peak Flow Meter More than 80% of personal best or					
Yellow Zone: Getting Worse	Contact physician if usin	ng quick re	lief more t	han 2 times per week.	
Symptoms	Continue control medicines and add:				
 Some problems breathing Cough, wheeze, or chest tight Problems working or playing Wake at night 		How Much to Take			
Peak Flow Meter Between 50% and 80% of personal best or to	IF your symptoms (and peak floreturn to Green Zone after one quick-relief treatment, THEN	IF your symptoms (and peak flow, if used) return to Green Zone after one hour of the quick-relief treatment, THEN		mptoms (and peak flow, if used) turn to Green Zone after one e quick-relief treatment, THEN	
	4 hours for 1 to 2 days.	Take quick-relief medication every4 hours for 1 to 2 days.Change your long-term control medicine by		 Take quick-relief treatment again. Change your long-term control medicine by Call your physician/Healthcare provider 	
	O Contact your physician for follow	O Contact your physician for follow-up care.		within hour(s) of modifying your medication routine.	
Red Zone: Medical Alert	Ambulance/Emergency F	Phone Num	nber:		
Symptoms	Continue control medicines and	Continue control medicines and add:			
 Lots of problems breathing Cannot work or play Getting worse instead of better Medicine is not helping 	Medicine -	How Much to 1	Fake	When to Take It	
Peak Flow Meter Less than 50% of personal best or to	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.		following of Trouble of breatl	danger signs are present: walking/talking due to shortness	