Asthma Action Plan

General Information:
- Name ____________________________ Phone numbers ____________________________
- 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
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 ____________

Yellow Zone: Getting Worse
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 ____________

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

Control Medications:

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<tr>
<th>Medicine</th>
<th>How Much to Take</th>
<th>When to Take It</th>
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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
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 ____________

Ambulance/Emergency Phone Number:

Continue control medicines and add:

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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.

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