

# Asthma Action Plan

Endorsed by Partners of the Green Bay Area Asthma Coalition



Name: \_\_\_\_\_ MR# \_\_\_\_\_  
 Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Health care provider: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Date: \_\_\_\_\_

## GREEN ZONE

## Asthma is in Control

### Symptom FREE or Mild Symptoms

- Mild or no cough, wheezing, chest tightness or shortness of breath day or night
- Can do usual activities
- No missed work or school
- Continue maintenance medications

#### My BEST Peak Flow

Green Zone Peak Flow Range  
(80-100% of my personal best)

### For Quick Relief (if needed more than 2x per week contact physician)

My prescription: Drug \_\_\_\_\_ Dosage \_\_\_\_\_

How often: \_\_\_\_\_

This medication is a rescue bronchodilator

May use \_\_\_\_\_ puffs 20 minutes prior to exercise

### Take These Long-term Control Medications Every Day

Medicine	How much to take	When to take it	Special instructions

## YELLOW ZONE

## Asthma Worsening

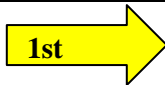
### Symptoms:

- Increased coughing, wheezing or chest tightness
- Some shortness of breath
- Waking at night due to asthma
- Usual activities may be limited

Yellow Zone Peak Flow Range  
(60-80% of my personal best)

Monitor your symptoms or check peak flows 2 times daily

If you use your quick relief inhaler or awaken more than 2 times per week due to asthma, your asthma may be out of control. Consult physician.

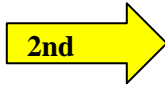


1st

Begin Quick Relief Medication  2 puffs  4 puffs  Nebulizer

May take 3 times, 20 minutes apart for first hour.

Continue with ALL Long-term Control Medications!!

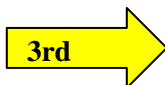


2nd

If your symptoms (and Peak Flows) return to GREEN ZONE after 1 hour of first step instructions above.

Take quick relief medication every 4 hours for 1-2 days

Change long term controller medication by: \_\_\_\_\_



3rd

If you continue in the YELLOW ZONE after steps 1 and 2 above:

Contact your physician if symptoms persist for more than several days

Change long term controller medication by: \_\_\_\_\_

ADD oral steroid medication: \_\_\_\_\_

My prescription: Drug \_\_\_\_\_ Dosage \_\_\_\_\_

How often: \_\_\_\_\_

## RED ZONE

## Medical Alert

### Symptoms:

- Very short of breath
- Quick relief medication not helping
- Cannot do usual activities
- Poor response to Quick Relief medication

Red Zone Peak Flow Range

(< 60% of my personal best)

Emergency Phone Number \_\_\_\_\_



1st

Begin Quick Relief Medication  2 puffs  4 puffs  Nebulizer

May take 3 times, 20 minutes apart for one hour.

Call your doctor if you remain in the Red Zone after 1 hour of treatment

Continue Green Zone Medications

ADD the following medication: \_\_\_\_\_

⇒ Seek Medical Help Immediately if:

Still in red zone after 15 minutes following the 3 dosages of quick relief instructions above

You have been unable to reach your physician/health care provider

⇒ Call an ambulance if:

You have trouble walking or talking due to shortness of breath

Lips or fingernails are bluish in color