

# Asthma Action Plan

Patient \_\_\_\_\_ DOB \_\_\_\_\_ Date \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
 Healthcare Provider \_\_\_\_\_ Signature \_\_\_\_\_  
 Provider's Phone (Day/Night) \_\_\_\_\_ / \_\_\_\_\_  
 Patient / Student Signature \_\_\_\_\_ Parent \_\_\_\_\_

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



**Green means Go Zone!**  
Use controller medicine.  
**Yellow means Caution Zone!**  
Add quick-relief medicine.  
**Red means Danger Zone!**  
Get help from a doctor.

**For Exercise:** 20 minutes before take:  2 puffs  Albuterol (ProAir, Proventil, Ventolin)  
 4 puffs  Levalbuterol (Xopenex)

Green = Go Zone

Use **CONTROLLER** Medications **EVERY DAY** and Avoid Asthma Triggers

You have **ALL** of these:



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

If peak flow meter used:  
 Peak flow greater than \_\_\_\_\_  
 above 80% of personal best

Personal best peak flow = \_\_\_\_\_

Controller Medication	How Much to Take	How Often
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Rinse mouth or brush teeth after using Controller Medication**

Yellow = Caution Zone

Getting Worse! Add **QUICK RELIEVER** Medication

You have **ANY** of these:



- Cough
- Mild wheeze
- Tight chest
- Waking at night due to asthma
- First sign of a cold
- Exposure to known trigger
- Can do some, but not all usual activities

This is not where you should be every day. Take action to get your asthma under control.

If peak flow meter used:  
 \_\_\_\_\_ to \_\_\_\_\_  
 (50% to 80% of personal best)

**Continue DAILY Green Zone Controller Medications and ADD QUICK-RELIEVER:**

- Albuterol (ProAir, Proventil, Ventolin)  Levalbuterol (Xopenex)  
 2 puffs  4 puffs  1 nebulizer treatment

**If better in 20 minutes, continue Quick-Reliever every 4-6 hours for 1-2 days and:**

- Change controller: \_\_\_\_\_ for \_\_\_\_\_ days

If not improving:

- Take oral steroid \_\_\_\_\_ for \_\_\_\_\_ days  
 Call your provider at  24 hours  48 hours

**If getting worse or not better by 1 hour, use Red Zone plan**

Red = Danger Zone

Take these Medicines and **GET HELP NOW**

Your asthma is bad



- Medicine is not helping within 10 to 20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Trouble walking
- Trouble talking

If peak flow meter used:  
 Peak flow below: \_\_\_\_\_  
 (below 50% of personal best)

**Use QUICK RELIEVER**

- 2 puffs  4 puffs  6 puffs  1 nebulizer treatment

**If not better in 20 minutes, repeat quick reliever while going to the hospital or provider's office - dial 911 if necessary**

My Asthma Triggers:

- Colds  Smoke  Weather  Food  Grass/Trees  Cockroach Particles  
 Exercise  Dust  Air Pollution  Animals  Mold  Fragrances  
 Alcoholic Beverages  Other \_\_\_\_\_

