

# Asthma Action Plan

This asthma action plan should be determined with your doctor

Date This Plan was Created \_\_\_\_\_ Needs to be updated \_\_\_\_\_

Name \_\_\_\_\_ Doctor \_\_\_\_\_

Date of Birth \_\_\_\_\_ Doctor's Phone Number \_\_\_\_\_

Classification of Asthma:  Intermittent  Mild Persistent  Moderate  Severe Persistent

## Green Zone

### You're doing well and experiencing no symptoms!

- Breathing is easy
- No coughing, wheezing or shortness of breath
- You can play, study and sleep easily
- You're using quick relief medication less than twice a week

Stay on track by using your medicine to prevent symptoms.

Medicine	How much	When
_____	___ puffs	__ AM/ __ PM
_____	___ puffs	__ AM/ __ PM
_____	___ puffs	__ AM/ __ PM

### Before Exercise

\_\_\_\_\_ \_\_\_ puffs \_\_\_ mins before

## Yellow Zone

### You're experiencing asthma symptoms, slow down.

- Coughing, wheezing, shortness of breath or chest tightness
- You've been exposed to a known trigger
- You can do some, but not all, of your usual activities
- You're waking up during the night
- Using quick relief medication more than twice a week

Continue using your Green Zone medication and add:

Rescue Medication	How much	When
<input type="checkbox"/> _____	___ puffs	every __ hours
<input type="checkbox"/> _____	___ puffs	every __ hours

### Monitor your symptoms:

- If symptoms go away quickly, return to the Green Zone
- If symptoms continue or get worse, follow the directions in the Red Zone
- If asthma has not improved in 2 days, call your doctor

## Red Zone

### Get help! Your asthma is getting worse fast.

- Medication is not helping
- Breathing is hard and fast
- Difficulty speaking
- Cannot walk or play
- Getting nervous

Take this medicine and call your doctor **NOW**.

Medicine	How much	When
<input type="checkbox"/> _____	___ puffs	<b>Now</b>
<input type="checkbox"/> _____	___ puffs	<b>Now</b>

Go to the **nearest hospital emergency room** or **call for an ambulance** if you've been in the red zone for more than 15 minutes and you haven't spoken to your doctor.