Asthma Action Plan

AMERICAN NG **ASSOCIATION**®

General Information:

____ to ____

Name			
 Emergency contact Physician/Health Care Provider 			
Severity Classification	Triggers	Exercise	
 Mild Intermittent Mild Persistent Severe Persistent 	 Colds Smoke Weather Exercise Dust Air pollution Animals Food Other 	1. Pre-medication (how much and when)	
		2. Exercise modificatio	ons
Green Zone: Doing Well	Peak Flow Meter Personal Best =		
Symptoms	Control Medications		
 Breathing is good No cough or wheeze Can work and play Sleeps all night 	Medicine How Muc	h to Take	When To Take It
Peak Flow Meter More than 80% of personal best or			
Yellow Zone: Getting Worse	Contact Physician if using quick	relief more than 2	times per week.
 Symptoms Some problems breathing Cough, wheeze or chest tight Problems working or playing Wake at night 	Continue control medicines and add: Medicine How Much to Take When To Take It		
Peak Flow Meter Between 50 to 80% of personal best or to	IF your symptoms (and peak flow, if used) return to Green Zone after one hour of the quick relief treatment, THEN O Take quick-relief medication every	IF your symptoms (and peak flow, if used) DO NOT return to the GREEN ZONE after 1 hour of the quick relief treatment, THEN Take quick-relief treatment again Change your long-term control medicines by	
	 4 hours for 1 to 2 days O Change your long-term control medicines 		
	O Contact your physician for follow-up care	within	• Call your physician/Health Care Provider within hours of modifying your medication routine
Red Zone: Medical Alert	Ambulance/Emergency Phone Nu	ımber:	
Symptoms	Continue control medicines and add:		
 Lots of problems breathing Cannot work or play Getting worse instead of better Medicine is not helping 	Medicine How Muc	h to Take	When To Take It
Peak Flow Meter Between 0 to 50% of personal best or to	Go to the hospital or call for an ambulance O Still in the red zone after 15 minutes	danger signs a	ance immediately if the follow are present ing/talking due to shortness

• If you have not been able to reach your physician/health care provider for help

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• Lips or fingernails are blue

of breath