

## Example of an asthma action plan

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

An asthma action plan is a written plan for managing a sudden increase in symptoms (acute asthma episodes). Having an asthma action plan will help you make appropriate decisions about asthma treatment.

You can use the colors of a traffic light to help learn your asthma medications.

- **Green means GO.** Continue to use your daily, preventive (anti-inflammatory) medications. You do not need quick-relief medication. This is the zone you want to be in.
- **Yellow means CAUTION.** Use quick-relief medication (such as beta<sub>2</sub>-agonists) in addition to continuing or increasing your daily medication.
- **Red means STOP!** Take your medication and seek immediate medical help. Call **911 or other emergency services immediately.**

Work with your health professional to fill in the following sample action plan. If you are pregnant, you may have other options for asthma medications. During an episode, your health professional may also ask that you monitor your fetus's activity by noting a change in fetal kicks.

### Personal best

Write down your personal best peak expiratory flow (PEF), which is your highest peak flow recorded over a 2- to 3-week period when your asthma is under control.

My personal best is \_\_\_\_\_.

Then write the range of your PEF for each color of your asthma plan. The green zone is 80% to 100% of your personal best, the yellow zone is 50% to less than 80% of your personal best, and the red zone is less than 50% of your personal best.

For example, if your personal best PEF is 400 liters per second, your:

- Green zone is 320 to 400 liters per second (80% to 100% of your personal best). To figure out 80% of your personal best in this example, multiply 400 by 0.80, which equals 320.
- Yellow zone is 200 to 319 liters per second (50% to less than 80% of your personal best). To figure out 50% of your personal best in this example, multiply 400 by 0.50, which equals 200.
- Red zone is less than 200 liters per second (less than 50% of your personal best).

### Green zone

My green zone is \_\_\_\_\_. This is 80% to 100% of my personal best measurement. **GO!**

My breathing is good with no cough, wheezing, or chest tightness at night or during work, school, exercise, or play.

My action is to:

- Continue with the daily medications listed in my treatment plan.
- Consult my health professional if I remain in the green zone for 1 to 6 months. My health professional may reduce my daily medication.

### Yellow zone

My yellow zone is \_\_\_\_\_. This is 50% to less than 80% of my personal best measurement. **CAUTION!**

I have asthma symptoms (cough, wheezing, or chest tightness) or I have a cold.

If my peak flow number drops below \_\_\_\_\_ or I notice:

- Increased need for inhaled quick-relief medicine
- Increased asthma symptoms upon waking up
- Waking at night with asthma symptoms

• \_\_\_\_\_.

My actions are to:

- Take \_\_\_\_\_ puffs of my quick-relief (bronchodilator) medicine called \_\_\_\_\_.

Repeat \_\_\_\_\_ times.

- Take \_\_\_\_\_ puffs of \_\_\_\_\_ (anti-inflammatory) \_\_\_\_\_ times per day.

- Begin or increase treatment with corticosteroid pills:

Take \_\_\_\_\_ mg of \_\_\_\_\_ every a.m. \_\_\_\_\_ p.m. \_\_\_\_\_.

- Call my health professional at \_\_\_\_\_ or the emergency department at \_\_\_\_\_.

### Red zone

My red zone is \_\_\_\_\_. This is less than 50% of my personal best measurement. **DANGER!**

If my peak flow number drops below \_\_\_\_\_, or I continue to get worse after increasing treatment according to the directions in my yellow zone

My actions are to:

- Take \_\_\_\_\_ puffs of my quick-relief (bronchodilator) medicine called \_\_\_\_\_.

Repeat \_\_\_\_\_ times.

- Begin or increase treatment with corticosteroid pills. Take \_\_\_\_\_ mg now.

- Call my health professional at \_\_\_\_\_. If I cannot contact my doctor, I go directly to the emergency department. The phone number at the emergency department is \_\_\_\_\_.

Other important phone numbers for transportation include: \_\_\_\_\_ and \_\_\_\_\_.

I should call my health professional if:

- Asthma symptoms get worse while I am taking corticosteroid pills.
- Relief from inhaled bronchodilator treatments is not lasting 4 hours.
- My peak flow number remains at or falls below \_\_\_\_\_ in spite of following my plan.