Asthma Action Plan

AMERICAN LUNG ASSOCIATION.

General Information:

- Name _____
- Emergency contact _____ Phone numbers _____
- Physician/Health Care Provider _____ Phone numbers _____
- Physician Signature _____ Date _____

Severity Classification		Triggers			Exercise
Mild Intermittent	Moderate Persistent	Colds	Smoke	Weather	1. Pre-medication (how much and when) _____
Mild Persistent	Severe Persistent	Exercise	Dust	Air pollution	_____
		Animals	Food		2. Exercise modifications _____
		Other _____			_____

Green Zone: Doing Well

Peak Flow Meter Personal Best =

Symptoms

- Breathing is good
- No cough or wheeze
- Can work and play
- Sleeps all night

Control Medications

Medicine	How Much 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, is used) return to Green Zone after one hour of the quick relief treatment, THEN

- o Take quick-relief medication every 4 hours for 1 to 2 days
- o Change your long-term control medicines by _____
- o Contact your physician for follow-up care

IF your symptoms (and peak flow, if used) DO NOT return to the GREEN ZONE after 1 hour of the quick relief treatment, THEN

- o Take quick-relief treatment again
- o Change your long-term control medicines by _____
- o Call your physician/Health Care Provider within _____ hours of modifying your medication routine

Red Zone: Medical Alert

Ambulance/Emergency Phone Number:

Symptoms

- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not helping

Continue control medicines and add:

Medicine	How Much 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 if

- o Still in the red zone after 15 minutes
- o If you have not been able to reach your physician/health care provider for help
- o _____

Call an ambulance immediately if the following danger signs are present

- o Trouble walking/talking due to shortness of breath
- o Lips or fingernails are blue