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Asthma Action Plan

Asthma Action Plan for _____

Date _____

Doctor's Name _____

Doctor's Phone Number _____

Hospital/ Emergency Room Phone Number _____

GREEN ZONE: Doing Well

- No cough, wheeze, chest tightness or shortness of breath during the day or night
- Can do usual activities

And, if a peak flow meter is used,

Peak flow: more than _____ (80% or more of my best peak flow)

My best peak flow is: _____

Take These Long-Term-Control Medicines Each Day (include an anti-inflammatory)

Medicine	How Much to Take	When to Take it

YELLOW ZONE: Asthma Is Getting Worse

- Cough, wheeze, chest tightness or shortness of breath, or
- Waking at night due to asthma, or
- Can do some but not all usual activities

-Or-

Peak Flow: _____ to _____ (50% to 80% of my best peak flow)

First, add the following quick-relief medicine -- and keep taking your GREEN ZONE medicine:

_____ (short-acting beta2 -agonist)

Please circle one of the following:

- 2 puffs every 20 minutes for up to one hour,
- 4 puffs every 20 minutes for up to one hour, or

- nebulizer once

Second, if your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:

Please circle one or both of the following:

- Take the quick-relief medicine every 4 hours for 1 to 2 days
- Double the dose of your inhaled steroid for _____ (7-10) days

-Or-

If your symptoms (and peak flow, if used) do not return to Green Zone after 1 hour of above treatment:

Please circle one, two or all of the following:

- Take: (short-acting beta- agonist) _____ 2 or 4 puffs or nebulizer.
- Add: (oral steroid) _____ mg per day. For _____ (3-10) days.
- Call the doctor before/within _____ hours after taking the oral steroid.

RED ZONE: Medical Alert!

- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or get worse after 24 hours in Yellow Zone

-Or-

Peak flow: less than _____ (50% of my best peak flow)

Take This Medicine:

(short-acting beta-agonist)

Please circle one of the following:

- 4 puffs,
- 6 puffs, or
- nebulizer

-And/Or-

_____ mg
(oral steroid)

Then call your family doctor NOW.

Go to the hospital or call for an ambulance if:

You are still in the red zone after 15 minutes AND You have not reached your doctor.

DANGER SIGNS

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

Take 4 or 6 puffs (please circle) of your quick-relief medicine AND go to the hospital or call an ambulance (phone number _____) NOW!

PDF version

For a PDF version of this Action Plan, [click here](#). (PDF file: 1 page/37 KB. [More information on using PDF files.](#))

This handout provides a general overview on this topic and may not apply to everyone. To find out if this handout applies to you and to get more information on this subject, talk to your family doctor.

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