



Asthma Action Plan

General Information

■ Name	_____	Phone numbers	_____
■ Emergency Contact	_____	Phone numbers	_____
■ Physician/healthcare Provider	_____	Date	_____
■ Physician Signature	_____		

Severity Classification

<input type="radio"/> Intermittent	<input type="radio"/> Intermittent	<input type="radio"/> Colds	<input type="radio"/> Smoke	<input type="radio"/> Weather
<input type="radio"/> Intermittent	<input type="radio"/> Intermittent	<input type="radio"/> Exercise	<input type="radio"/> Dust	<input type="radio"/> Air Pollution
		<input type="radio"/> Animals	<input type="radio"/> Food	
		<input type="radio"/> Other		

1. Premeditation (how much and when)

2. Exercise modifications

Green Zone: Doing Well

Peak Flow Meter Personal Best = _____

Symptoms

- ☐ Breathing is good
- ☐ No cough or wheeze
- ☐ Can work and play
- ☐ Sleeps well at 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
- ☐ Waking at night

Continue control medications and add:

Medicine	How Much to Take	When to Take it

Peak Flow Meter

Between 50% 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

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

IF your symptoms (and peak flow, if used) DO NOT return to Green Zone after one hour of the quick-relief treatment, THEN

- ☐ Take quick-relief medication again.
- ☐ Change your long-term control medicine by _____
- ☐ Call your physician/Healthcare provider within _____ hour(s) 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 Medications and add:

Medicine	How Much to Take	When to Take it

Go to the hospital or call for an ambulance if:

- ☐ Still in the red zone after 15 min.
- ☐ You have not been able to reach your physician/healthcare provider for help.

Call the ambulance immediately if the following danger signs are present:

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

Peak Flow Meter

Less than 50% of personal best or _____ to _____