# Asthma Action Plan

## General Information:
- **Name:**
- **Emergency contact:**
- **Physician/Health Care Provider:**
- **Physician Signature:**
- **Phone numbers:**
- **Phone numbers:**
- **Date:**

## Severity Classification
- **Mild Intermittent**
- **Mild Persistent**
- **Moderate Persistent**
- **Severe Persistent**

## Triggers
- **Colds**
- **Smoke**
- **Weather**
- **Exercise**
- **Dust**
- **Air pollution**
- **Animals**
- **Food**
- **Other**

## Exercise
1. Pre-medicine (how much and when)
2. Exercise modifications

## Green Zone: Doing Well
### Symptoms
- Breathing is good
- No cough or wheeze
- Can work and play
- Sleeps all night

### Peak Flow Meter Personal Best
More than 80% of personal best or ________

## Yellow Zone: Getting Worse
### Symptoms
- Some problems breathing
- Cough, wheeze or chest tight
- Problems working or playing
- Wakes at night

### Peak Flow Meter
Between 50 to 80% of personal best or ________ to ________

## Red Zone: Medical Alert
### Symptoms
- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not helping

### Peak Flow Meter
Between 0 to 50% of personal best or ________ to ________

## Ambulance/Emergency Phone Number:
### Continue control medicines 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 minutes
- If you have not been able to reach your physician/health care provider for help

### Call an ambulance immediately if the following danger signs are present
- Trouble walking/talking due to shortness of breath
- Lips or fingernails are blue

## Control Medications
<table>
<thead>
<tr>
<th>Medicine</th>
<th>How Much to Take</th>
<th>When To Take It</th>
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<tbody>
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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 medicines by
- 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
- Take quick-relief treatment again
- Change your long-term control medicines by
- Call your physician/Health Care Provider within ________ hours of modifying your medication routine