

Asthma Action Plan



Park Nicollet

Asthma Action Plan for _____ Doctor's name: _____ Phone number: _____ Date: _____

Hospital/Emergency room phone number: _____

GREEN ZONE: Doing well

- No cough, wheeze, chest tightness or shortness of breath
- Can do usual activities

If peak flow meter is used:

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

My best peak flow is _____

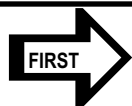
Take these long-term control medicines daily (include an anti-inflammatory)

Medicine	How much to take	When to take it

YELLOW ZONE: Asthma is getting worse

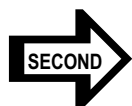
- Cough, wheeze, chest tightness or shortness of breath
- Waking at night due to asthma
- Can do some, but not all, usual activities

Peak flow _____ to _____



Add: Quick-relief medicine—keep taking your GREEN Zone medicine

_____ 2 or 4 puffs, every 20 minutes for up to an hour if needed
(short-acting beta₂ agonist) Nebulizer, once



After one hour

■ If your symptoms (and peak flow) return to GREEN ZONE

- Take the quick-relief medicine every four hours for one to two days

■ If your symptoms (and peak flow) do not return to GREEN ZONE

- Take _____ 2 or 4 puffs or Nebulizer
(short-acting beta₂ agonist)
- Add: _____ mg. twice per day for _____ days
(oral steroid)
- Call doctor before or within _____ hours after taking the oral steroid

RED ZONE: Medical Alert

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

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

1. Take this medicine

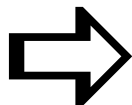
- _____ 4 or 6 puffs or Nebulizer
(short-acting beta₂ agonist)
- _____ mg. twice per day for _____ days
(oral steroid)

2. Call your doctor now.

3. Go to the hospital or call for an ambulance if you are still in the RED ZONE after 15 minutes

Danger signs

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



- Take 4 or 6 puffs of your quick-relief medicine AND
- Go to the hospital or call for an ambulance NOW.