

Asthma Action Plan

Personal best peak flow:

IMPORTANT INFO

Name:

Date:

Doctor name:

Doctor phone:

Emergency contact:

Emergency phone:

EXERCISE-INDUCED FLARE-UP

Instructions for an exercise-induced asthma flare-up

Medicine:

How much:

When:

Additional instructions:

TRIGGERS: pollen mold dust mites animals smoke food
 exercise cold/flu weather air pollution other

The GREEN Zone (also known as the safety zone)

Symptoms

- Breathing is easy
- No cough or wheeze
- Can do usual activities
- Can sleep through the night

Peak flow from to

Use these controller medicines as listed:

Medicine	How much	How often / when
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

The YELLOW Zone (also known as the caution zone)

Symptoms

- Some shortness of breath
- Cough, wheeze, or chest tightness
- Some difficulty doing usual activities
- Sleep disturbed by symptoms
- Symptoms of a cold or flu

Peak flow from to

Continue with controller medicines as above, and add these rescue medicines:

Medicine	How much	How often / when
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Call your doctor if:

The RED Zone (also known as the danger zone)

Symptoms

- Severe breathing problems
- Cannot do usual activities
- Difficulty walking and talking
- Rescue medicine is not helping

Peak flow from to

Take this medicine and call the doctor now!

Medicine	How much	How often / when
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

If symptoms don't improve and you can't contact the doctor, go to the hospital or call 911.