

Allergy Sleep & Lung Care PA
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Asthma Action Plan

Name _____

Date _____

To manage your asthma, you need to keep track of your symptoms, your medicine use and your peak expiratory flow (PEF). Using your PEF as a guide, here are some tips for treating your asthma a symptoms:

1. **Green means Go**--you're feeling OK. Just keep using your preventive (anti-inflammatory) medicine.
2. **Yellow means Be Careful**--you're having some symptoms. It's time to use your quick-relief (short-acting bronchodilator) medicine, in addition to the preventive medicine.
3. **Red means STOP**--Your symptoms are serious. You need to get help from a doctor!

Green Zone

Your green zone is _____, which is 80% to 100% of your personal best peak flow.

Go! Breathing is good, with no cough, wheezing or chest tightness.

ACTION: Keep taking your usual daily medicines.

Yellow Zone

Your yellow zone is _____, which is 50% to 80% of your best peak flow.

Be careful! You may have symptoms like coughing, wheezing or chest tightness. Your peak flow level has dropped, or you notice that you need to use quick-relief medicine more often, or you have more asthma symptoms in the morning, or asthma symptoms are waking you up at night.

ACTION:

1. Take _____ puffs of _____ (your quick-relief medicine). Repeat this dose every 20 minutes, up to _____ more times. Use _____ puffs regularly every 4 to 6 hours for the next 2 days.
2. Take _____ puffs of _____ (your anti-inflammatory medicine) _____ times per day.
3. Start taking oral steroid medicines (or increase your dose): _____ in a dose of _____ mg every a.m. _____ p.m. _____.
4. Call your doctor or a hospital emergency room for advice today.

Red Zone

Your red zone is _____, which is 50% or less of your best peak flow. Danger!

Your peak flow number is very low, or you continue to feel worse after taking more medicines according to the directions for the yellow zone.

ACTION:

1. Take _____ puffs of your quick-relief medicine. Repeat this dose every 20 minutes, up to _____ more times.
2. Start taking an oral steroid medicine (or increase the dose). Take _____ mg right now.
3. Call your doctor now! If you can't reach your doctor, go to a hospital emergency room.

Call your doctor at any time if you have any of the following problems:
Your asthma symptoms get worse even though you're taking oral steroids