# Asthma Action Plan

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

## Asthma Action Plan

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

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

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

### Symptoms
- **Breathing is good**
- **No cough or wheeze**
- **Can work and play**
- **Sleeps all night**

### Peak Flow Meter
- More than 80% of personal best or __________

### Green Zone: Doing Well

<table>
<thead>
<tr>
<th>Control Medications</th>
<th>How Much to Take</th>
<th>When To Take It</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine</td>
<td></td>
<td></td>
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<td></td>
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</tbody>
</table>

### Yellow Zone: Getting Worse

<table>
<thead>
<tr>
<th>Continue control medicines and add:</th>
<th>How Much to Take</th>
<th>When To Take It</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine</td>
<td></td>
<td></td>
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</tbody>
</table>

**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

### Red Zone: Medical Alert

<table>
<thead>
<tr>
<th>Continue control medicines and add:</th>
<th>How Much to Take</th>
<th>When To Take It</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine</td>
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</table>

**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

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**Ambulance/Emergency Phone Number:**