

Asthma Action Plan

This **action plan** is a guide to help you manage the signs and symptoms of asthma. You and your provider should complete this plan together at your next visit. The three colors (zones), green, yellow and red, help you decide what to do.

Status	Symptoms	Actions
GREEN	<p>Peak Flow: _____ to _____ (80% to 100% of personal best peak flow reading)</p> <ul style="list-style-type: none"> • no symptoms of an asthma episode • able to participate in usual activities • current medications control asthma 	<p>Use preventive (anti-inflammatory) medications:</p> <p>1. Medication name: _____ Dose: _____ Times/day: _____</p> <p>2. Medication name: _____ Dose: _____ Times/day: _____</p> <p>3. Medication name: _____ Dose: _____ Times/day: _____</p>
YELLOW	<p>Peak Flow: _____ to _____ (50% to 79% of personal best peak flow reading)</p> <ul style="list-style-type: none"> • increased asthma symptoms <ul style="list-style-type: none"> • waking at night • wheezing • coughing • shortness of breath • chest tightness or pain • usual activities are somewhat limited • increased need for asthma medications 	<p>Use green zone preventive medications and add:</p> <p>1. Medication name: _____ Dose: _____ Times/day: _____</p> <p>2. Medication name: _____ Dose: _____ Times/day: _____</p> <p>Return to green zone preventive medications when symptoms improve.</p>
RED	<p>Peak Flow: _____ to _____ (less than 50% of personal best peak flow reading)</p> <ul style="list-style-type: none"> • increased asthma symptoms lasting longer than 24 hours • very short of breath • asthma medications have not relieved or reduced symptoms • only able to talk in two to three word sentences 	<p>Take these medications and seek medical help now!</p> <p>1. Medication name: _____ Dose: _____ Times/day: _____</p> <p>2. Medication name: _____ Dose: _____ Times/day: _____</p>

Lower Your Risk of Asthma Complications

Communicating with your provider and knowing what is normal for you is important for successful self-management.

General

Prevent illness with a flu shot every year and a pneumonia vaccine every 5–10 years, or as recommended by your provider.

Take medications

Follow your provider's directions for taking medications. Let him or her know if symptoms persist or if there is no improvement. Your provider can adjust the dosage or type of medicine.

Stop smoking

The best way to keep asthma from getting worse is to not smoke. Talk with your provider about which quitting methods are right for you.

Know your triggers

Some irritants may trigger an asthma attack more than others. Identify which triggers increase your asthma symptoms so you can avoid them.

Reduce stress

List the situations that cause worry, stress and tension, and note how the stress affects you, your relationships and your job. It will be easier to relieve your stress when you know what is causing it.

Use a peak flow meter

A peak flow meter is used to measure how well air moves out of your lungs. This is an excellent way to know if your asthma is under control or getting worse.

Eliminate irritants

Animal dander, dust mites, pollen, mold, strong odors, and sprays can increase asthma symptoms. Reduce these by keeping your home clean or avoiding them.

Make a plan

Create an action plan so you know when you need to seek medical help. Follow your provider's instructions if your symptoms suddenly get worse.

Communicate with your provider

Take an active role in discussing symptoms, asking questions, making decisions, and developing a treatment plan with your provider.

Important Information

Current medications:

Medication allergies:

Pharmacy phone number:

Provider's information:
