

# Asthma Action Plan

## Green Zone: Well

- No signs of asthma
- Able to do normal activities
- No problems while sleeping

• Peak flow above: \_\_\_\_\_  
(above 80% of best)

\*Rinse mouth after this medicine



Give these medicines every day:

MEDICINE:	HOW MUCH:	WHEN:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Yellow Zone: Watch Out!

### Early Signs of Asthma:

- Cold symptoms
- Coughing day or night
- Wheezing day or night
- Funny feeling in chest

• My first sign: \_\_\_\_\_

• Peak flow: \_\_\_\_\_  
(50-80% of best)



First — give:

■ Albuterol \_\_\_\_\_ 2-4 puffs or 1 nebulizer \_\_\_\_\_ 1-3 times in first hour

■ Call your Doctor or Nurse if not in Green Zone after first hour.

Next — if asthma is better after first hour, you may give:

■ Albuterol \_\_\_\_\_ 2-4 puffs or 1 nebulizer \_\_\_\_\_ every 4 hours as needed

Call your Doctor or Nurse if:

- Albuterol needed more often than every 4 hours.
- Albuterol needed every 4 hours for more than 1 day.

Keep taking other Green Zone medicines.

## Red Zone: EMERGENCY!

### Late Signs of Asthma:

- Tight chest
- Breathing hard or fast
- Using neck or stomach muscles to breathe
- Constant coughing
- Trouble talking or walking
- Vomiting
- Lips or nails blue

• Peak flow below: \_\_\_\_\_  
(below 50% of best)



First — give now:

■ Albuterol \_\_\_\_\_ 6 puffs or 1 nebulizer \_\_\_\_\_

■ AND call your Doctor or Nurse.

Next — if you cannot reach your Doctor or Nurse **immediately**, give:

■ Albuterol \_\_\_\_\_ 6 puffs or 1 nebulizer \_\_\_\_\_

(oral steroid)

■ AND go to the nearest emergency room or call 911.

\_\_\_\_\_  
Patient/Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
RN/MD Signature

\_\_\_\_\_  
Date

Phone number of Doctor or Nurse:

Day: \_\_\_\_\_

Night: \_\_\_\_\_