



## ASTHMA ACTION PLAN

Name:	Date:
Doctor:	Medical Record #:
Doctor's Phone Number Day: Night:	
Emergency Contact:	
Doctor's Signature:	

Work with your care provider to complete your asthma action plan. Keep a hard copy at home and keep a digital copy on your phone. Give a copy to a family member.

Personal best peak flow:

These colors will help you use your asthma medications.  
 Green means Go Zone - use preventive medication  
 Yellow means Caution Zone - add quick-relief medication  
 Red means Danger Zone - get help from a doctor

GO	Use these daily controller medications:		
You have all of these: <ul style="list-style-type: none"> <li>Breathing is good</li> <li>No cough or wheezing</li> <li>Sleep through the night</li> <li>Can work and play</li> </ul>	Medication	How Much	How Often/When
	For asthma with exercise, take:		

CAUTION	Continue with green zone medication and add:		
You have any of these: <ul style="list-style-type: none"> <li>● First signs of a cold</li> <li>● Exposure to a known trigger</li> <li>● Cough</li> <li>● Mild wheezing</li> <li>● Tight chest</li> <li>● Coughing at night</li> </ul>	Medication	How Much	How Often/When
Call your asthma care provider or request Acadian Health for an at-home visit.			

DANGER	Take these medications and call your doctor now.		
Your asthma is getting worse fast: <ul style="list-style-type: none"> <li>● Medicine is not helping</li> <li>● Breathing is hard and fast</li> <li>● Nose opens wide</li> <li>● Trouble speaking</li> <li>● Ribs show (in children)</li> </ul>	Medication	How Much	How Often/When
GET HELP FROM A DOCTOR NOW. Your doctor will want to see you right away. If you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT.			
Make an appointment with your asthma care provider or request Acadian Health within two days of an ER visit or hospitalization.			