# Asthma Action Plan

**Name:** ____________________________  
**Emergency Contact:** ______________________________  
**Phone:** ______________________________  
**Date:** _______ ____________  

**Doctor:** ______________________________  
**Phone:** ______________________________  

## Severity level:
- Intermittent
- Mild
- Moderate
- Severe

## Triggers:
- Outdoor Air/Pollutants/Irritants
- Cockroach
- Pets
- Mold
- Emotions
- Exercise
- Cold & Flu
- Food/Additives
- Pollen
- Environmental/Tobacco smoke
- Dust Mites/Dust

## Symptoms

### Well
- No cough
- No wheeze
- No chest tightness
- No shortness of breath

**Green Zone**

- Peak Flow ($\geq 80\%$ of best peak flow)
- Best Peak Flow

**Medication**  
**How Much**  
**When**

<table>
<thead>
<tr>
<th>Before exercise:</th>
</tr>
</thead>
</table>

### Sick
- Increased shortness of breath
- Coughing more than usual
- Increased wheezing
- Chest tightness
- Waking at night due to asthma
- Can do some, but not all, of the usual activities

**Yellow Zone**

1. **Add Quick Relief Meds**
   - Peak Flow
   - (50% - 80% of best peak flow)

<table>
<thead>
<tr>
<th>Medication</th>
<th>How Much</th>
<th>When</th>
</tr>
</thead>
</table>

2. If symptoms (& peak flow, if used) return to **GREEN Zone** after 1-hour after above treatment:
   - Continue monitoring to be sure you stay in the **GREEN Zone**

**OR**

If symptoms (& peak flow, if used) don’t return to **GREEN Zone** after 1-hour of above treatment:

<table>
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<tr>
<th>Medication</th>
<th>How Much</th>
<th>When</th>
</tr>
</thead>
</table>

### Emergency
- Very short of breath
- Quick Relief meds have not helped
- Cannot do usual activities
- Symptoms are same or worse after 24 hours in the **YELLOW Zone**

**Red Zone**

- Peak Flow
- ($>50\%$ of best peak flow)

**Go to the Hospital or Call 911 RIGHT AWAY or when Danger signs present:**
- Trouble walking due to Shortness of breath
- Lips or fingernails are blue

## Patient Education

- Medication Teaching
- Flu Shot
- Asthma Triggers
- Tobacco Cessation
- Activity
- Energy Conservation

<table>
<thead>
<tr>
<th>Date</th>
<th>Initials</th>
<th>Date</th>
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