

# Asthma: Your Action Plan

Following your asthma action plan can help you have fewer problems. Here's a sample plan you can use.

## Sample action plan

Name of controller medicine	How much do you take?	How often do you take it?	Other instructions

Name of quick-relief medicine	How much do you take?	How often do you take it?	Other instructions

## My asthma zones, part 1

<b>GREEN ZONE</b> This is where I want to be!	<b>YELLOW ZONE</b> My asthma is getting worse.	<b>RED ZONE</b> Danger!
<b>Symptoms</b> <ul style="list-style-type: none"> <li>I have no shortness of breath, cough, wheezing, or chest tightness.</li> <li>I can do all of my usual activities.</li> <li>I sleep well at night.</li> </ul>	<b>Symptoms</b> <ul style="list-style-type: none"> <li>I'm coughing or wheezing, or have chest tightness or shortness of breath.</li> <li>Symptoms keep me up at night.</li> <li>I can do some but not all of my usual activities.</li> </ul>	<b>Symptoms</b> <ul style="list-style-type: none"> <li>I'm very short of breath.</li> <li>I can't do my usual activities.</li> <li>Quick-relief medicine doesn't help, or my symptoms don't get better after 24 hours in the yellow zone.</li> </ul>

## My asthma zones, part 2

<b>GREEN ZONE</b> This is where I want to be!	<b>YELLOW ZONE</b> My asthma is getting worse.	<b>RED ZONE</b> Danger!
<p><b>Peak flow</b> (if you use a peak flow meter)</p> <ul style="list-style-type: none"> <li>• _____ or more (80% or more of my personal best)</li> </ul>	<p><b>Peak flow</b> (if you use a peak flow meter)</p> <ul style="list-style-type: none"> <li>• _____ to _____ (50% to 79% of my personal best)</li> </ul>	<p><b>Peak flow</b> (if you use a peak flow meter)</p> <ul style="list-style-type: none"> <li>• Less than _____ (less than 50% of my personal best)</li> </ul>
<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Take controller medicine(s) every day.</li> <li>• <input type="checkbox"/> Avoid asthma triggers.</li> <li>• <input type="checkbox"/> _____ minutes <b>before exercise</b>, take quick-relief medicine called _____.</li> </ul>	<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Take _____ puff(s) of my quick-relief medicine called _____. Repeat _____ times.</li> <li>• <input type="checkbox"/> If my symptoms don't get better or my peak flow has not returned to the green zone in 1 hour, then:                             <ul style="list-style-type: none"> <li>◦ <input type="checkbox"/> Take _____ puff(s) of my medicine called _____. Take it _____ times a day.</li> <li>◦ <input type="checkbox"/> Begin or increase treatment with corticosteroid pills. Take _____ mg of _____ every _____.</li> <li>◦ <input type="checkbox"/> Call my doctor at _____.</li> </ul> </li> </ul>	<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Take _____ puff(s) of my quick-relief medicine called _____. Repeat _____ times.</li> <li>• <input type="checkbox"/> Begin or increase treatment with corticosteroid pills. Take _____ mg now.</li> <li>• <input type="checkbox"/> Call my doctor at _____. If I cannot contact my doctor, I need to go to the emergency department. <b>Call 911</b> or _____.</li> <li>• <input type="checkbox"/> Other numbers I might call are _____.</li> </ul> <p><b>EMERGENCY:</b> If it's hard to walk or talk because of shortness of breath, I need to <b>CALL 911</b> or go to the hospital for help right away.</p>