Asthma ACTION PLAN

- Breathing is easy
- No coughing
- No wheezing
- No shortness of breath
- Can work, play, and sleep easily
- Using quick-relief medication less than twice a week
- PEAK FLOW 80%-100% of personal best
- Breathing is easy
- No coughing
- No wheezing
- No shortness of breath
- Can work, play, and sleep easily
- Using quick-relief medication less than twice a week
- PEAK FLOW 80%-100% of personal best
- Using quick-relief medication more than twice a week*
- Coughing
- Wheezing
- Shortness of breath
- Difficulty with physical activity
- Waking at night
- Tightness in chest
- PEAK FLOW 50%-80% of personal best
- Medication is not helping
- Breathing is very difficult
- Cannot walk or play
- Cannot talk easily
- PEAK FLOW Less than 50% of personal best

Avoid these asthma triggers: ____________________________

Take CONTROLLER medication: ____________________________

Take QUICK-RELIEF medication:

- Before exercise: ____________________________
- Before exposure to a trigger: ____________________________

Keep ORAL STEROIDS on hand in case you fall into STEP 3 of the yellow zone or into the red zone.

STEP 1: Add QUICK-RELIEF medication:

__________________________________________

STEP 2: Monitor your symptoms:

- If symptoms GO AWAY quickly, return to the green zone.
- If symptoms CONTINUE or return within a few hours:
  - Add ____________________________

STEP 3: Continue monitoring your symptoms:

- If symptoms CONTINUE after step 2 treatment:
  - Add ____________________________
  - Call your healthcare provider:

Call your healthcare provider: ____________________________

- If you can’t reach your healthcare provider quickly, go to the nearest hospital emergency room or call 911 immediately.
- Go to the hospital emergency room or call 911 immediately.
  - If you have an oral steroid at home, take __________mg of ____________________________ as you leave for the hospital.
  - Continue to use your quick-relief medication ____________________________ as you go to the emergency room.

Asthma symptoms can get worse quickly. When in doubt, seek medical help.