

Asthma Action Plan

Name: _____ DOB: _____

Doctor: _____ Date: _____

Phone for Doctor or Clinic: _____

Predicted/Personal Best Peak Flow Reading: _____

Asthma Triggers

Try to stay away from or control these things:

- | | |
|--|---|
| ☐ Exercise | ☐ Smoke, strong odors or spray |
| ☐ Mold | ☐ Colds/Respiratory infections |
| ☐ Chalk dust/dust | ☐ Carpet |
| ☐ Pollen | ☐ Change in temperature |
| ☐ Animals | ☐ Dust mites |
| ☐ Tobacco smoke | ☐ Cockroaches |
| ☐ Food _____ | ☐ Other _____ |

1. Green – Go

- Breathing is good.
- No cough or wheeze.
- Can work and play.



Use these controller medicines *every day* to keep you in the green zone:

Medicine: _____	How much to take: _____	When to take it: _____	☐ Home
			☐ School

Or Peak Flow _____ to _____ (80-100%)

5-15 minutes before very active exercise, use ☐ Albuterol _____ puffs.

2. Yellow – Caution



Coughing



Wheezing



Tight Chest



Wakes up at night

Keep using controller green zone medicines everyday.

Add these medicines to keep an asthma attack from getting bad:

Medicine	How much to take	When to take it
Albuterol	☐ 2 puffs by inhaler	☐ May repeat every
or	☐ 4 puffs by inhaler	20 min up to 3 doses
_____	☐ with spacer, if available	in first hour, if needed
	☐ by nebulizer	

If symptoms **DO NOT** improve after first hour of treatment, then go to **red zone**.

If symptoms **DO** improve after first hour of treatment, then continue:

Albuterol	☐ 2 puffs by inhaler	☐ Every 4 - 8 hours
or	☐ 4 puffs by inhaler	for _____ days
_____	☐ with spacer, if available	
	☐ by nebulizer	

_____, _____ times a day for _____ days ☐ Home
(oral corticosteroid) (how much) ☐ School

Call your doctor if still having some symptoms for more than 24 hours!

3. Red – Stop – Danger

Call your doctor and/or parent/guardian **NOW!**

Take these medicines until you talk with a doctor or parent/guardian:

Medicine:	How much to take:	When to take it:
Albuterol	☐ 2 puffs by inhaler	☐ May repeat every
or	☐ 4 puffs by inhaler	20 minutes until
_____	☐ with spacer, if available	you get help
	☐ by nebulizer	
_____, _____ times a day for _____ days	☐ Home	
(oral corticosteroid) (how much)	☐ School	

Call 911 for severe symptoms, if symptoms don't improve, or you can't reach your doctor and/or parent/guardian.

- Medicine is not helping.
- Breathing is hard and fast.
- Nose opens wide.
- Can't walk.
- Ribs show.
- Can't talk well.



Or Peak Flow _____ (Less than 50%)

Physician Signature _____ Date _____ Phone _____

WHITE – PATIENT

YELLOW – CHART

PINK – SCHOOL