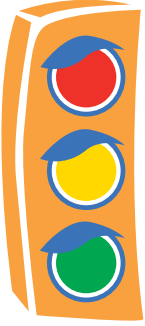


ASTHMA

Action Plan For: _____

Take this to Dr. _____ at _____ to review and revise with you.
Primary Care Physician Phone Number

BEST PEAK FLOW: _____ *Personal Best* *Expected for Height*



RED means *Danger Zone!*

YELLOW means *Caution Zone!*
Add prescribed yellow medicine.

GREEN means *Go Zone!*
Use preventive medicine.

ASTHMA SEVERITY CLASSIFICATION:

	Mild Intermittent	Mild Persistent	Moderate Persistent	Severe Persistent
Daytime Symptoms	1–2x / wk.	3–6x / wk.	Daily	> 1x most days
Nighttime Symptoms	1–2x / mo.	3–6x / mo.	2–3x / wk.	4–7x / wk.
Activity Level Limitation	Rarely Limited	Occasionally Limited	Limited Everyday	Limited Most Time
Use of Albuterol	Use < 2x / wk.	Use > 2x / wk.	Daily Use	> 1x use most days

Select one cell from each row based on symptom frequency when taking controller medications and not having an acute attack. Assign highest classification that applies.

GO! (green)

You have *all* of these:

- Breathing is good.
- No cough or wheeze.
- Sleep through the night.
- Can work and play.
- Using Albuterol less than twice a week.

And / or
personal peak
flow above 80%

Use these medications every day:

Medication / Dosage	How much to take	When to take it
Comments:		

For exercise take:

--	--	--

CAUTION! (yellow)

You have *any* of these:

- First sign of a cold.
- Exposure to a known trigger.
- Cough.
- Mild wheeze.
- Tight chest.
- Cough at night.
- Using Albuterol more than twice a week.

And / or personal
peak flow from 80%

to 50%

Continue with green zone medicine and **ADD**:

Medication / Dosage	How much to take	When to take it
Comments:		

CALL your Doctor if Quick Reliever / Yellow Zone medicines are used more than 2 to 3 times per week.

DANGER! (red)

Your asthma is getting worse fast *IF*:

- Medicine is not helping within 15-20 minutes.
- Breathing is hard and fast.
- Nose opens wide.
- Ribs show.
- Trouble walking or talking.
- *Lips blue*. **EMERGENCY**, call 911 and take Albuterol.
- *Fingernails blue*. **EMERGENCY**, call 911 and take Albuterol.

And / or
personal peak
flow below 50%

Take these medicines and call your doctor:

Medication / Dosage	How much to take	When to take it
Comments:		

GET HELP FROM A DOCTOR NOW! If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT!**

Completed By: _____ **Date:** _____