


# ASTHMA ACTION PLAN

Name \_\_\_\_\_ Date \_\_\_\_\_

Asthma Triggers \_\_\_\_\_

Asthma Severity:  Intermittent  Mild Persistent  Moderate Persistent  Severe Persistent

GREEN ZONE: When Doing Well		
SYMPTOMS: <input checked="" type="checkbox"/> Normal breathing <input checked="" type="checkbox"/> No cough or wheezing <input checked="" type="checkbox"/> Normal work or play <input checked="" type="checkbox"/> Sleeps well		
Medicine	Dosage	Frequency
Controller Medicine		
Quick-Relief Medicine		
<input type="checkbox"/> Take before all physical activity <input type="checkbox"/> Take as needed		
YELLOW ZONE: Caution – Take Action		
SYMPTOMS: <input checked="" type="checkbox"/> Coughing, wheezing, or chest tightening <input checked="" type="checkbox"/> Symptoms at work or play <input checked="" type="checkbox"/> Trouble sleeping		
Medicine	Dosage	Frequency
Controller Medicine		
Quick-Relief Medicine		
<input type="checkbox"/> Take before all physical activity <input type="checkbox"/> Take as needed		
If symptoms worsen even after taking your quick-relief medicine and you experience symptoms for more than 24 hours, follow the RED ZONE instructions and call your doctor.		
 RED ZONE: Danger – Get Help Immediately		
SYMPTOMS: <input checked="" type="checkbox"/> Breathing is hard and fast <input checked="" type="checkbox"/> Can't talk well, work, or play <input checked="" type="checkbox"/> Medicine is not helping		
Medicine	Dosage	Frequency
Controller Medicine		
Quick-Relief Medicine		
<ol style="list-style-type: none"> <li><b>1</b> Take quick-relief medicine immediately</li> <li><b>2</b> Contact your doctor now</li> <li><b>3</b> Call 911 if:               <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> You are still in the RED ZONE after 15 minutes</li> <li><input checked="" type="checkbox"/> You have trouble walking or talking</li> <li><input checked="" type="checkbox"/> Lips or fingernails turn blue</li> </ul> </li> </ol>		

Doctor's Name \_\_\_\_\_ Emergency Call # \_\_\_\_\_