

Asthma action plan

for patients over 12 years old

Take this sheet to your next visit and fill out with your provider.

Patient Name: _____ Date: _____

Date of Birth: _____ Peak Flow: Predicted Personal Best

When indicated, use a spacer with your inhalers.

Green Zone	<h2 style="margin: 0;">Good to go!</h2> <ul style="list-style-type: none"> No asthma symptoms – able to do usual activities and sleep without having symptoms like cough. 	Peak Flow: greater than: <input type="text"/> (80% or more of my best peak flow)									
		Avoid known triggers:									
		1. Take controller medicines every day									
		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;">Medicine</th> <th style="width: 20%;">Amount</th> <th style="width: 20%;">How often</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>	Medicine	Amount	How often						
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		2. Take these medicines prescribed by the doctor (i.e. antihistamines and nasal sprays)									
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	3. Take this medicine 15 minutes before exercise (prime it first, if needed)										
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Yellow Zone	<h2 style="margin: 0;">Caution!</h2> <ul style="list-style-type: none"> Asthma symptoms such as coughing, wheezing, shortness of breath or chest tightness may be occurring. If not better in 24-48 hours, call your doctor or nurse. Waking at night due to wheeze or cough more than 2 times a month Cannot do everyday activities Using quick relief medicine more than 2 times a week (not counting use before exercise) 	Peak Flow: <input type="text"/> to <input type="text"/> (50% to 79% percent or more of my best peak flow)									
		Remember: Keep taking your Green Zone medicines.									
		1. Start rescue medicine									
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		2. If not improving or symptoms worsen, increase or add the following									
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Red Zone	<h2 style="margin: 0;">Danger!</h2> <ul style="list-style-type: none"> Asthma symptoms may be severe or not responding to yellow zone treatments. Severe shortness of breath, fast and hard breathing, and non-stop coughing. 	Peak Flow: less than <input type="text"/> (50% of my best peak flow)									
		1. Increase rescue medicine									
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		2. Notify your prescriber's office while administering the treatments. Call 911 if unable to talk to doctor or nurse right away. OR Go to nearest emergency room.									