

**Asthma Severity**

\_\_\_ Intermittent      \_\_\_ Mild persistent  
\_\_\_ Moderate persistent      \_\_\_ Severe persistent

# Asthma Action Plan

Get your flu shot every year!

Date Given \_\_\_\_\_

Name: \_\_\_\_\_ DOB \_\_\_\_\_ Date \_\_\_\_\_ Chart # \_\_\_\_\_

Provider: \_\_\_\_\_ Predicted \_\_\_\_\_ Personal Best \_\_\_\_\_

Contact \_\_\_\_\_ H # \_\_\_\_\_ W # \_\_\_\_\_ C # \_\_\_\_\_

**Green Zone = Go**

Use controller medicines

- Breathing is good
- No coughing or wheezing
- No night time cough or shortness of breath
- No problems being active and/or

Peak Flow Number

\_\_\_\_\_ to \_\_\_\_\_  
greater than 80%

**Controller Medicines:**

(take these to keep lungs healthy)

Accolate, Advair, Aerobid, Asamanex, Azmacort, Cromolyn, Flovent, Nedocromil, Intal, Pulmicort, Qvar, Singulair, Symbicort

**Green Zone:**      Medicine                                      How much                                      How often/When

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Use \_\_\_\_\_ puffs of your albuterol inhaler 15-30 minutes before activity if you are coughing or short of breath that day or if you are exposed to a trigger as needed.

Always use your spacer with your inhaler.

Rinse mouth and spit or brush your teeth after your medicines. Wipe face after your nebulizer.

**Yellow Zone = Caution**

Add rescue medicines

- Coughing day or night
- Wheezing
- Out of breath easily
- Breathing hard & fast
- Chest hurts or tightens
- Runny or stuffy nose
- Dark circles under eyes
- Restlessness or tired
- Exposure to a trigger and/or

Peak Flow Number

\_\_\_\_\_ to \_\_\_\_\_  
50 - 80 % of personal best  
Check your peak every day when feeling sick

**Rescue Medicines**

(use when sick)

**Albuterol MDI** (Ventolin HFA, Proventil HFA, Xopenex HFA, Pro-Air HFA, Maxair)

**Albuterol nebulized** (Xopenex, Accuneb, Duoneb)

**Yellow Zone:**      Medicine                                      How much                                      How often/When

\_\_\_\_\_

Increase inhaled steroid \_\_\_\_\_ puffs or nebulizer twice a day for \_\_\_\_\_ days or until your peak flows or symptoms are in the green zone for 2 days.

Use Albuterol 2 puffs or Albuterol nebulized every 4-6 hours when sick for \_\_\_\_\_ days.

Use Albuterol inhaler 15-30 minutes before activity if you are coughing or shortness of breath.

Use cold or allergy medicine (\_\_\_\_\_).

Call office if not feeling better after 24-72 hours or needing Albuterol less than 4 hours apart.

Start prednisone tablets or syrup if directed. \_\_\_\_\_

**Red Zone = Medical Alert**

- Medicines not helping
- Coughing more, either day or night after using Albuterol
- Breathing is noisy even at rest
- Chest and neck may pull with ribs showing
- Nostrils open wide
- Hard to talk or walk
- Heart rate is fast
- Lips or fingernails may turn gray or blue and/or

Peak Flow Number

below \_\_\_\_\_ less than 50%

**Red Zone:**      Medicine                                      How much                                      How often/When

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Repeat **Albuterol** (Ventolin, Proventil, Xopenex, Pro-Air, Maxair)  2 puffs or  4 puffs every 20 minutes for a total of **3 doses only**.

Or  **Albuterol** (Xopenex, Accuneb, Duoneb) nebulized every 20 minutes for a total of **3 doses only**.

Check peak flow if below \_\_\_\_\_ then call the office or 911 if still having problems.

**Triggers:** \_\_\_ activity \_\_\_ animals \_\_\_ colds \_\_\_ dust \_\_\_ mold \_\_\_ pollens (grass/weeds/trees) \_\_\_ smoke  
\_\_\_ strong odors \_\_\_ weather changes \_\_\_ Foods/other \_\_\_\_\_

Next appointment is \_\_\_\_\_.

Bring to your visit: asthma action plan, medicines, spacer, peak flow meter, and questions.