

Date: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Doctor: \_\_\_\_\_  
 Doctor's Phone Number: \_\_\_\_\_  
 Hospital/Emergency Department Phone Number: \_\_\_\_\_

# ASTHMA ACTION PLAN

GREEN ZONE

## Doing Well

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

**Target Peak Expiratory Flow Rate (PEFR)** should be between

\_\_\_\_\_ and \_\_\_\_\_

At first sign of symptoms or 5-15 minutes before exercise:  Take: \_\_\_\_\_  2 or  4 puffs

If prescribed, use a daily inhaled corticosteroid or other medication to prevent airway inflammation:

**Medication** \_\_\_\_\_

**How much to take** \_\_\_\_\_

**When to take it** \_\_\_\_\_

YELLOW ZONE

## Symptoms Present

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

-Or-

PEFR: \_\_\_\_\_ to \_\_\_\_\_

**1** **Use albuterol or levalbuterol—and keep taking your GREEN ZONE medication.**  
FIRST \_\_\_\_\_  2 or  4 puffs, every 20 minutes for up to 1 hour

**2** **If your symptoms or PEFR return to GREEN ZONE after 1 hour:**  
Second

Continue monitoring to be sure you stay in the green zone.

-Or-

**If your symptoms or PEFR do not return to GREEN ZONE after 1 hour:**

Take: \_\_\_\_\_  2 or  4 puffs or  nebulizer

Add: \_\_\_\_\_ mg per day for \_\_\_\_\_ (3–10) days

(oral corticosteroid)

Call the doctor  before/  within \_\_\_\_\_ hours after taking the oral steroid.

RED ZONE

## Medical Alert!

- Very short of breath, or
- YELLOW ZONE medications have not helped, or
- Trouble walking and talking
- Lips or fingernails turn blue or discolored due to lack of oxygen
- Symptoms are same or get worse

-Or-

PEFR: less than \_\_\_\_\_

**Take this medication:**

\_\_\_\_\_  2 or  6 puffs or  nebulizer

\_\_\_\_\_ mg  
(oral corticosteroid)

**Call your doctor NOW.** Go to the hospital or call an ambulance if:

You are still in the red zone after 15 minutes AND

You have not reached your doctor.

## Exercise

- Prevent or reduce allergic reactions through allergen avoidance, medication or immunotherapy.
- Pre-medicate before exercise.
- Warm up and cool down 10 minutes pre and post exercise.
- Tailor exercise intensity until symptom-free.

- No physical activity until in yellow or green zone.