

# Asthma Action Plan

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone Number(s): \_\_\_\_\_

Physician/healthcare provider: \_\_\_\_\_ Phone Number: 603-436-7897

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

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**Triggers:**  Cold/virus  Animals  Pollen  Dust  Smoke  Exercise  Other: \_\_\_\_\_

## **GREEN ZONE:** Maintain Therapy

### Symptoms:

- Breathing is good
- No shortness of breath
- Sleeps well at night
- No cough or wheezing

### Control Medications:

Medicine: \_\_\_\_\_

\_\_\_\_\_

Other Medications: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_ Take 2 puffs of \_\_\_\_\_ 15-20mins prior to exercise as needed

## **YELLOW ZONE:** Step Up Therapy

### Symptoms:

- Some problems breathing
- Problems working or playing
- Peak Flow is less than \_\_\_\_\_

### Continue your CONTROLLER MEDICATION AND:

STEP 1: add RESCUE medication: \_\_\_\_\_

or 1 nebulizer treatment of: \_\_\_\_\_

*up to every 4 hours* \_\_\_\_\_

STEP 2: ADD \_\_\_\_\_

\_\_\_\_\_

*If no improvement after 24 hours, call your healthcare provider @ 603-436-7897*

## **RED ZONE:** Get Help Now

## EMERGENCY! GET HELP NOW!

### Symptoms:

- Lots of problems breathing
- Getting worse instead of better
- Medicine is not helping

Take RESCUE medication NOW:

\_\_\_\_\_

\_\_\_\_\_

*Call your healthcare provider @ 603-436-7897  
AND go to the emergency room*