

# Asthma Action Plan



*Take this to your doctor*

## Here is your Asthma Action Plan.

Fill it in with your doctor so you can answer these questions:

- What should I do every day?
- What changes should I watch for?
- What should I do when I have changes?



A plan for life.

The information presented here is not intended to diagnose health problems or to take the place of information or medical care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult your physician or other medical professional. For questions, health information, and support, talk to your Health Coach. A Health Coach is available by phone—at no cost to you 24 hours a day, seven days a week.

## Asthma Medicines

### Controller Medicines

Take *daily* as prescribed for long-term control (see Green Zone).

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### Quick-Relief Medicines

Take for quick relief (see Yellow and Red Zones). Take 5-10 minutes before exercise, if needed. Do not overuse - know the “Rule of 2’s.”

My quick Relief Medicines are:

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### Other Medicines

My corticosteroid pills are:

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### Emergency Information

Name and phone number of Asthma Care Professional(s): \_\_\_\_\_

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Name and phone number of hospital: \_\_\_\_\_

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Other emergency phone numbers: \_\_\_\_\_

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## Control Your Asthma

### ➤ Know your Symptoms and your Peak Flow

The first step is to determine your personal best expiratory peak flow (PEF). Use the peak flow meter when your breathing is good to measure your personal best. That is 100%. Ask your asthma care professional how a peak flow meter can help you control your asthma.

### ➤ Know your color Zones



For good asthma control it is important to know the color zones. Think of a stop light and what each color means.

### ➤ Take your medicines as prescribed

Know the different kinds of medicines prescribed for you *and* how and when to take them. Talk to your asthma care professional if you have questions.

### ➤ Avoid triggers

Triggers are things that make asthma worse, such as colds, dust, pets, or smoke. Avoid triggers when you can.

### ➤ Know the “Rule of 2’s”

If you take “Quick-Relief” medicines more than **2** times a week (except for exercise), or if asthma wakes you more than **2** times a month, tell your asthma care professional that your asthma is **not in good control**.

## Green Zone

### This is the zone I want to be in everyday:

- My breathing is good with no cough, wheezing, or chest tightness during work, school, exercise, or play.
- And if peak flow meter is used, you are in the green zone of the asthma action plan if your expiratory peak flow (PEF) is 80-100% of your personal best measurement.
- 80% - 100% PEF  
\_\_\_\_\_ - \_\_\_\_\_ lpm

### My response is to:

- Take my regular **controller** medicine daily if prescribed
- OR

## Yellow Zone

### My symptoms may include:

- Some coughing
- Mild wheezing
- Slight chest congestion and/or tightness
- Breathing when resting may be slightly faster than normal
- If peak flow meter is used, 50% - 80% PEF  
\_\_\_\_\_ - \_\_\_\_\_ lpm

### My response is to:

- Begin \_\_\_\_\_  
(**Quick-Relief**) \_\_\_\_\_ puffs every \_\_\_\_\_ hrs. until you are back in the **Green Zone**.
- Begin or increase \_\_\_\_\_  
(**controller**) to \_\_\_\_\_ puffs \_\_\_\_\_ times a day.
- Begin or increase \_\_\_\_\_  
(corticosteroid pill) \_\_\_\_\_ mg \_\_\_\_\_ x per day.
- If I do not see improvements in 24-48 hours, or if **Quick-Relief** medicine is needed more than every four hours, I should:

- Other instructions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Red Zone

### My symptoms may include:

- Constant coughing and/or wheezing
- Waking from sleep because of coughing, wheezing, or shortness of breath
- If peak flow meter is used, less than 50% PEF Below \_\_\_\_\_ lpm

### My response is to:

- Take **Quick-Relief** medicine every 20 minutes for up to 1 hour
- Other responses: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## DANGER!!!

- If shortness of breath is causing you difficulty walking or talking, or your lips or fingers are blue - **CALL 911 NOW!**