



# Asthma Action Plan

Name: \_\_\_\_\_ Date of action plan: \_\_\_\_\_

Emergency contact's name: \_\_\_\_\_ Contact's phone number: \_\_\_\_\_

Doctor: \_\_\_\_\_ Doctor's phone number: \_\_\_\_\_

To manage your asthma, you need to:

- Keep track of your symptoms.
- Take your medicine the right way.
- Use your peak flow meter as directed.
- Avoid triggers that make your asthma worse.

Your peak flow readings are a guide. They tell you how you're doing. Is your asthma flaring up? Use your action plan to help manage your asthma.

## Work with your doctor to fill in your peak flow readings and actions you should take for each zone.

### ● Green Zone: "Go ..."

- Your breathing is good and you can do your usual activities.
- You have no cough, wheezing or chest tightness.

**Your Green Zone peak flow reading is \_\_\_\_\_ or more. (80% or more of your personal best)**

**Action:** Take your usual daily asthma controller medicines. This will help you avoid symptoms.

Name of medicine	How much to take	When to take it

### ● Yellow Zone: "Be careful ..."

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Your peak flow reading has dropped.</li> <li>• You are unable to do some of your usual activities.</li> </ul> | <ul style="list-style-type: none"> <li>• You may have symptoms such as coughing, shortness of breath, a tight chest or wheezing.</li> <li>• You also may be waking up at night.</li> </ul> |
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**Your Yellow Zone peak flow reading is \_\_\_\_\_ to \_\_\_\_\_. (50–79% of your personal best)**

**Action:** Take your quick-relief (rescue) medicine and keep taking your Green Zone medicine. If your symptoms do not improve, call your doctor.

Name of medicine	How much to take	When to take it

### ● Red Zone: "Danger!"

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Your peak flow reading is very low.</li> <li>• Your breathing may be hard and fast.</li> <li>• You may feel no relief from your medicines.</li> </ul> | <ul style="list-style-type: none"> <li>• You may not be able to talk well.</li> <li>• You may be very short of breath.</li> <li>• Your symptoms may be worsening quickly.</li> </ul> |
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**Your Red Zone peak flow reading is \_\_\_\_\_. (less than 50% of your personal best)**

**Action:** Take this medicine and then contact your doctor NOW. Can't reach a doctor and not improving? Have someone take you to the emergency room now. If symptoms are severe or are worsening quickly, or if you can't walk or talk due to shortness of breath or if your lips or fingernails are blue or gray, call 911 or your local emergency services.

Name of medicine	How much to take	When to take it

## What causes your asthma attacks?

Triggers are things that can cause asthma attacks. What are your triggers? If you know them, you may be able to avoid them. Or, you can plan ahead and take medicine that can help.

- Animal dander (dogs, cats, other animals)**
  - Remove the pet, if possible. Or, keep the pet out of the bedroom.
  - Are you going to a place where there are animals? Take your medicine as directed before you go.
- Indoor mold**
  - Keep humidity low.
  - Make sure bathrooms, bedrooms and kitchens get plenty of air.
- House dust mites**
  - Put mattresses and pillows in airtight covers.
  - Wash bedding once a week. This includes sheets, blankets, etc. Wash in hot water.
- Pollen and pollutants**
  - Stay indoors when the pollen count is high.
  - Use air conditioning, if possible.
  - Stay away from wet leaves.
- Strong smells (perfumes, paint, sprays)**
- Smoke (tobacco, wood burning)**
- Weather changes or very cold air**
- Crying, laughing, yelling**
- Aspirin or other medicines**
- Exercising**

## How to keep your asthma under control

Asthma is a chronic disease. That means it's always there. That's why an action plan is so important. It helps you understand your treatment. And, it helps you know what to do when you have symptoms.

- Make an action plan with your doctor.**
  - Learn how to use a peak flow meter. Your doctor can show you.
  - Know what your “personal best” peak flow reading is.
  - Take a peak flow reading at least once a day or as directed by your doctor.
  - Take your medicines just the way your doctor tells you to.
  - Know what to do when you get symptoms (when to take quick-relief/rescue medicines, when to call the doctor, when to get emergency help).
  - Carry a quick-relief (rescue) inhaler with you at all times.
- Make an asthma diary. It can be a simple notebook.**
  - Write down your peak flow meter readings each day. Also write down your symptoms.
  - Bring your diary to your doctor visits.
- Don't miss any doctor appointments.**
- Ask your doctor questions. Write down the orders or tips your doctor gives you.**
- Keep your action plan up to date.**
- Get your Influenza (Flu) vaccine.**

Do you have an action plan? If not, talk with your doctor about making one. It's one of the best things you can do for your health.

### Sources:

National Heart, Lung, and Blood Institute. Expert panel report 3 (EPR3): Guidelines for the diagnosis and management of asthma. Accessed: November 30, 2015.

<http://www.nhlbi.nih.gov/guidelines/asthma/asthgdln.htm> and <http://www.nhlbi.nih.gov/guidelines/asthma/asthgdln.pdf>

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American Academy of Allergy Asthma and Immunology. Asthma action plan. Accessed: November 30, 2015.

[http://www.aaaai.org/Aaaai/media/MediaLibrary/PDF%20Documents/Libraries/NEW-WEBSITE-LOGO-asthma-action-plan\\_HI.pdf](http://www.aaaai.org/Aaaai/media/MediaLibrary/PDF%20Documents/Libraries/NEW-WEBSITE-LOGO-asthma-action-plan_HI.pdf)

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