



## What you need to know about...

### Asthma Action Plans

**ASTHMA ACTION PLAN FOR** \_\_\_\_\_ Doctor's Name \_\_\_\_\_ Date \_\_\_\_\_

Doctor's Phone Number \_\_\_\_\_ Hospital/Emergency Room Phone Number \_\_\_\_\_

<p><b>GREEN ZONE: Doing Well</b></p> <ul style="list-style-type: none"> <li>No cough, wheeze, chest tightness, or shortness of breath during the day or night</li> <li>Can do usual activities</li> </ul> <p>And, if a peak flow meter is used, Peak flow: more than _____ (90% or more of my best peak flow)</p> <p>My best peak flow is: _____</p> <p>Before exercise <input type="checkbox"/> 2 or <input type="checkbox"/> 4 puffs 5 to 60 minutes before exercise</p>	<p><b>Take These Long-Term-Control Medicines Each Day (include an anti-inflammatory)</b></p> <table border="1"> <thead> <tr> <th>Medicine</th> <th>How much to take</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> </tbody> </table>	Medicine	How much to take				
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<p><b>YELLOW ZONE: Asthma is Getting Worse</b></p> <ul style="list-style-type: none"> <li>Cough, wheeze, chest tightness, or shortness of breath, or</li> <li>Waking at night due to asthma, or</li> <li>Can do some, but not all, usual activities</li> </ul> <p>Peak flow: _____ to _____ (50% - 80% of my best peak flow)</p>	<p><b>Add: Quick-Relief Medicine – and keep taking your GREEN ZONE medicine</b></p> <p>(short-acting beta<sub>2</sub> agonist) <input type="checkbox"/> 2 or <input type="checkbox"/> 4 puffs, every 20 minutes for up to 1 hour</p> <p><input type="checkbox"/> Nebulizer, once</p> <p><b>If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:</b></p> <ul style="list-style-type: none"> <li>Take the quick-relief medicine every 4 hours for 1 to 2 days.</li> <li>Double the dose of your inhaler steroid for _____ (7-10) days.</li> </ul> <p><b>If your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:</b></p> <ul style="list-style-type: none"> <li>Take: <input type="checkbox"/> 2 or <input type="checkbox"/> 4 puffs or <input type="checkbox"/> Nebulizer</li> <li>Add: _____ mg. per day For _____ (3-10) days</li> <li>Call the doctor <input type="checkbox"/> before/ <input type="checkbox"/> within _____ hours after taking the oral steroid.</li> </ul>						
<p><b>RED ZONE: Medical Alert!</b></p> <ul style="list-style-type: none"> <li>Very short of breath, or</li> <li>Quick-relief medicines have not helped, or</li> <li>Cannot do usual activities, or</li> <li>Symptoms are same or get worse after 24 hours</li> </ul> <p>in Yellow Zone</p> <p>Peak flow: less than _____ (50% of my best peak flow)</p> <p><b>DANGER SIGNS</b></p> <ul style="list-style-type: none"> <li>Trouble walking and talking due to shortness of breath</li> <li>Lips or fingernails are blue</li> </ul>	<p><b>Take this medicine:</b></p> <p>(short-acting beta<sub>2</sub> agonist) <input type="checkbox"/> 4 or <input type="checkbox"/> 6 puffs or <input type="checkbox"/> Nebulizer</p> <p>(oral steroid) _____ mg.</p> <p><b>Then call your doctor NOW.</b> Go to the hospital or call for an ambulance if:</p> <ul style="list-style-type: none"> <li>You are still in the red zone after 15 minutes AND</li> <li>You have not reached your doctor.</li> </ul> <p><input type="checkbox"/> Take <input type="checkbox"/> 4 or <input type="checkbox"/> 6 puffs of your quick-relief medicine AND <input type="checkbox"/> Go to the hospital or call for an ambulance! ) NOW!</p>						

#### Questions to Ask:

When meeting with your healthcare provider, there are some key questions to ask to make sure that your action plan is the best for you.

- When should I take my reliever medication?
- When should I use my peak flow meter?
- How do I know what is normal on my peak flow meter?
- When should I call my health care provider?
- When should I seek emergency care?
- When or if I should increase inhaled steroids?

These questions will help in developing your plan. Each time you visit your healthcare provider, you should discuss your asthma action plan to make sure nothing has changed in how you manage your asthma. You should also discuss how many times you had problems with your asthma and how the plan has worked for you.

#### Your Asthma Action Plan Is a Tool

Once you and your healthcare provider have developed an asthma action plan, you can now begin to use it to help manage your asthma. Make sure to have multiple copies of the action plan to share with those who can help you in using the plan. Copies of the plan should be given to your spouse or significant other, relatives, school teachers, coaches, and child care providers. Make sure you explain what the plan means and how to use it with everyone.

#### What is an asthma action plan?

An asthma action plan is a written document that you and your healthcare provider develop to help you understand the steps that should be taken to prevent and handle an asthma episode. The asthma action plan should be individual for each person with asthma.

#### The plan should include:

- How to use your medications (control and reliever)
- What to do when you have symptoms of asthma or your peak flow is low
- Signs of an asthma episode (attack)
- When to seek emergency care
- Provide a place for emergency contact information
- By planning ahead and using an asthma action plan, you will know what to do during an episode which can help reduce stress.