

My Asthma Action Plan

WORK WITH YOUR HEALTH CARE PROVIDER TO COMPLETE THIS ASTHMA ACTION PLAN

Because asthma often changes over time, it's important that you work with your doctor to track your signs and symptoms and adjust treatment as needed. This Asthma Action Plan can help you better control your asthma. Please fill out the plan and keep it with you.

Each day, find your zone color based on your symptoms. Then, follow the medication steps in the plan, as ordered by your health care provider. Controlling your asthma can help save your life!

My information

My name:	Health care provider name:	Emergency contact name:
Date:	Health care provider phone #:	Emergency contact phone #:
Things that make my asthma worse:		My personal best peak flow:

My asthma severity

While using my controller medication every day,

- Intermittent:** I also have to use my rescue medication **less** than 2 days per week.
- Mild persistent:** I also have to use my rescue medication **more** than 2 days per week.
- Moderate persistent:** I also have to use my rescue medication **every day**.
- Severe persistent:** I also have to use my rescue medication **many times every day**.

(continued)



This information is not a substitute for professional medical care. Always follow your health care provider's instructions. Consult your doctor or specialist for questions or concerns about your asthma.

Use traffic light colors to help control asthma



Green is the Healthy Zone. Keep using your controller medication.

Yellow is the Caution Zone. Add rescue medication.

Red is the Danger Zone. Get emergency help now!

MY ACTION PLAN WORKSHEET

Green zone: Healthy	Keep using your controller medication every day to stay well and symptom-free				
<p>All of these apply:</p> <input type="checkbox"/> My breathing is good <input type="checkbox"/> I have no coughing or wheezing <input type="checkbox"/> I sleep through the night <input type="checkbox"/> I can do my normal activities <input type="checkbox"/> I rarely need my rescue medication Peak flow meter: <hr style="width: 20%; margin-left: 0;"/> (80% or more of my personal best)	Medication(s)	Controller	Rescue	How much	How often/when
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
15 to 30 minutes before exercise or sports, take:					
Yellow zone: Caution	Keep using your green zone controller medication every day and use your rescue medication as needed for quick relief:				
<p>Any of these apply:</p> <input type="checkbox"/> I am coughing or wheezing <input type="checkbox"/> I have a hard time breathing <input type="checkbox"/> I have shortness of breath <input type="checkbox"/> I wake up at night due to asthma symptoms <input type="checkbox"/> I have been exposed to something that makes my asthma worse <input type="checkbox"/> I can do some, but not all, of my normal activities Peak flow meter: <hr style="width: 20%; margin-left: 0;"/> (between 50% and 79% of my personal best)	Medication(s)	Controller	Rescue	How much	How often/when
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
<p>Call your health care provider to get your asthma back in control:</p> <ul style="list-style-type: none"> • If you have to use your rescue (quick-relief) medication more than 2 days a week. • If your rescue medicine does not work. <p>You should feel better within 20–60 minutes after using the rescue medication:</p> <ul style="list-style-type: none"> • However, if your symptoms are worsening or if you are in the yellow zone for more than 24 hours, follow the steps in the red zone! 					
Red zone: Danger	Take your controller and rescue medications and go to the emergency department or call 911 now!				
<p>My asthma is getting worse fast:</p> <input type="checkbox"/> I am very short of breath <input type="checkbox"/> My rescue medication is not helping <input type="checkbox"/> I cannot walk/talk well <input type="checkbox"/> I cannot do my normal activities Peak flow meter: <hr style="width: 20%; margin-left: 0;"/> (less than 50% of my personal best)	Medication(s)	Controller	Rescue	How much	How often/when
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
Go to the emergency department or call 911 now!					