

# Asthma Action Plan



Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Health care provider: Dr. Christopher Mjaanes Phone: 920-969-1768

Date: \_\_\_\_\_

## GREEN ZONE

## Doing Well

Symptom **FREE** or Mild Symptoms

- Mild or no cough, wheezing, chest tightness or shortness of breath day or night
- Can do usual activities
- No missed work or school
- Continue maintenance medications

My BEST Peak Flow

**Green Zone Peak Flow Range**  
(80-100% of my personal best)

**Take These Long-term Control Medications Every Day**

My prescription: Drug \_\_\_\_\_ Dosage \_\_\_\_\_

How often: \_\_\_\_\_

This medication is a:

Maintenance bronchodilator  Maintenance anti-inflammatory  Other \_\_\_\_\_

My prescription: Drug \_\_\_\_\_ Dosage \_\_\_\_\_

How often: \_\_\_\_\_

This medication is a:

Maintenance bronchodilator  Maintenance anti-inflammatory  Other \_\_\_\_\_

**For Quick Relief (if needed more than 2x per week contact physician)**

My prescription: Drug Albuterol or Xopenex Dosage 2 puffs

How often: every 4 to 6 hours as needed

This medication is a rescue bronchodilator:

May use 2 puffs 20 minutes prior to exercise

## YELLOW ZONE

## Asthma Worsening

Symptoms:

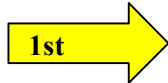
- Increased coughing, wheezing or chest tightness
- Some shortness of breath
- Waking at night due to asthma
- Usual activities may be limited

**Yellow Zone Peak Flow Range**  
(60-80% of my personal best)

Monitor your symptoms or check peak flows 2 times daily

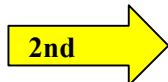
If you use your quick relief inhaler or awaken more than 2 times per week due to asthma, your asthma may be out of control. Consult physician.

**1st**



**Begin Quick Relief Medication**  2 puffs  4 puffs **OR**  Nebulizer  
May take 3 times, 20 minutes apart for first hour.  
**Continue with ALL Long-term Control Medications!!**

**2nd**



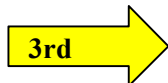
**If your symptoms (and Peak Flows) return to GREEN ZONE after 1 hour of first step instructions above.**

Take quick relief medication every 4 hours for 1-2 days

Change long term controller medication by:

\_\_\_\_\_ For 14 days

**3rd**



**If you continue in the YELLOW ZONE after steps 1 and 2 above:**

**CONTACT YOUR PHYSICIAN**

Change long term controller medication by:

ADD oral steroid medication:

My prescription: Drug \_\_\_\_\_ Dosage \_\_\_\_\_

How often: \_\_\_\_\_

## RED ZONE

## Medical Alert

Symptoms:

- Very short of breath
- Quick relief medication not helping
- Cannot do usual activities

**Red Zone Peak Flow Range**

(< 60% of my personal best)

**1st**



**Begin Quick Relief Medication**  2 puffs  4 puffs **OR**  Nebulizer  
May take 3 times, 20 minutes apart for one hour.

**CALL YOUR DOCTOR if you remain in the Red Zone after 1 hour of treatment**

⇒ **Seek Medical Help Immediately if:**

Still in red zone after 15 minutes following the 3 dosages of quick relief instructions above

You have been unable to reach your physician/health care provider

\_\_\_\_\_

⇒ **Call an ambulance if:**

You have trouble walking or talking due to shortness of breath

Lips or fingernails are bluish in color

**Emergency Phone Number** \_\_\_\_\_