



Asthma Action Plan for:

Date: _____

MRN: _____

DOB: _____

Asthma Severity:

- Exercise Induced Mild Persistent
- Intermittent Moderate Persistent
- Severe Persistent

GREEN ZONE: DOING WELL	Do these things every day!												
<p>If you have ALL of these:</p> <ul style="list-style-type: none"> Breathing is good No cough or wheeze Can work, play and exercise <p>My Asthma Triggers to watch for: _____</p> <p>_____</p> <p>_____</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%; text-align: left; padding: 2px;">Medicine</th> <th style="width: 30%; text-align: left; padding: 2px;">How much to take</th> <th style="width: 40%; text-align: left; padding: 2px;">When to take it</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </tbody> </table> <p>15-20 minutes before sports or play use: _____</p> <p>_____</p>	Medicine	How much to take	When to take it	_____	_____	_____	_____	_____	_____	_____	_____	_____
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_____	_____	_____											
_____	_____	_____											
YELLOW ZONE: SYMPTOMS STARTING	Do these things to help relieve your symptoms!												
<p>If you have ANY of these:</p> <ul style="list-style-type: none"> First signs of a cold Repeated cough Wheeze Chest Tightness Fast breathing Waking at night from cough 	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%; text-align: left; padding: 2px;">Medicine</th> <th style="width: 30%; text-align: left; padding: 2px;">How much to take</th> <th style="width: 40%; text-align: left; padding: 2px;">When to take it</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </tbody> </table> <p>If symptoms do not go away or return in less than 4 hours. GET HELP (see ORANGE and RED zones) CONTINUE taking GREEN ZONE MEDICINES</p>	Medicine	How much to take	When to take it	_____	_____	_____	_____	_____	_____			
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_____	_____	_____											
_____	_____	_____											
ORANGE ZONE: IN TROUBLE	Call For Help!												
<p>Not improving or symptoms return too quickly – symptoms are mild</p> <p>If you have ANY of these:</p> <ul style="list-style-type: none"> Cough, wheeze, chest tightness or fast breathing after quick-relief medicine Relief from quick-relief medicine doesn't last 4 hours Vomiting after coughing Kept awake most of the night by asthma symptoms Quick-relief medicine is needed 4 or more times in a single day 	<p>CALL YOUR DOCTOR!</p> <p>Doctor's Name: _____</p> <p>Phone No: _____</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%; text-align: left; padding: 2px;">Medicine</th> <th style="width: 30%; text-align: left; padding: 2px;">How much to take</th> <th style="width: 40%; text-align: left; padding: 2px;">When to take it</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </tbody> </table> <p>If you cannot reach your doctor and these symptoms continue, go to an Urgent Care or the Emergency Room.</p>	Medicine	How much to take	When to take it	_____	_____	_____	_____	_____	_____			
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_____	_____	_____											
_____	_____	_____											
RED ZONE: IN DANGER	Go For Help!												
<p>Not improving or symptoms return too quickly – having trouble breathing</p> <p>If you have ANY of these:</p> <ul style="list-style-type: none"> Breathing hard and fast (gasping) Rib and neck muscles show when breathing Hard to talk, walk, eat, or drink due to shortness of breath Nose opens wide when breathing Lips or fingernails turn gray or blue 	<p>GO TO THE CLOSEST ER OR DIAL 9-1-1 NOW!</p> <p>On the way, also take:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%; text-align: left; padding: 2px;">Medicine</th> <th style="width: 30%; text-align: left; padding: 2px;">How much to take</th> <th style="width: 40%; text-align: left; padding: 2px;">When to take it</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </tbody> </table>	Medicine	How much to take	When to take it	_____	_____	_____	_____	_____	_____			
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