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# My Asthma Action Plan

■ Name \_\_\_\_\_ Phone numbers \_\_\_\_\_

■ Emergency contact \_\_\_\_\_

■ Physician/healthcare provider \_\_\_\_\_

■ Physician signature \_\_\_\_\_

**Severity Classification**

Intermittent     Moderate Persistent

Mild Persistent     Severe Persistent

**Triggers**

Colds     Smoke     Weather

Exercise     Dust     Air Pollution

Animals     Food

Other \_\_\_\_\_

**Exercise**

1. Premedication (how much and when) \_\_\_\_\_

2. Exercise modifications \_\_\_\_\_

## Green Zone: Doing Well

## Peak Flow Meter Personal Best = \_\_\_\_\_

### Symptoms

- Breathing is good
- No cough or wheeze
- Can work and play
- Sleeps well at night

### Control Medications:

Medicine	How Much to Take	When to Take It

### Peak Flow Meter

More than 80% of personal best or \_\_\_\_\_

## Yellow Zone: Getting Worse

## Contact physician if using quick relief more than 2 times per week.

### Symptoms

- Some problems breathing
- Cough, wheeze, or chest tight
- Problems working or playing
- Wake at night

### Continue control medicines and add:

Medicine	How Much to Take	When to Take It

### Peak Flow Meter

Between 50% and 80% of personal best or \_\_\_\_\_ to \_\_\_\_\_

**IF your symptoms (and peak flow, if used) return to Green Zone after one hour of the quick-relief treatment, THEN**

- Take quick-relief medication every 4 hours for 1 to 2 days.
- Change your long-term control medicine by \_\_\_\_\_
- Contact your physician for follow-up care.

**IF your symptoms (and peak flow, if used) DO NOT return to Green Zone after one hour of the quick-relief treatment, THEN**

- Take quick-relief treatment again.
- Change your long-term control medicine by \_\_\_\_\_
- Call your physician/Healthcare provider within \_\_\_\_\_ hour(s) of modifying your medication routine.



## Red Zone: Medical Alert

## Ambulance/Emergency Phone Number: \_\_\_\_\_

### Symptoms

- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not helping

### Continue control medicines and add:

Medicine	How Much to Take	When to Take It

### Peak Flow Meter

Less than 50% of personal best or \_\_\_\_\_ to \_\_\_\_\_

### Go to the hospital or call for an ambulance if:

- Still in the red zone after 15 minutes.
- You have not been able to reach your physician/healthcare provider for help.
- \_\_\_\_\_

### Call an ambulance immediately if the following danger signs are present:

- Trouble walking/talking due to shortness of breath.
- Lips or fingernails are blue.