

ASTHMA ACTION PLAN

Name: Date:

Emergency Contact: Relationship:

Cell Phone: Work Phone:

Healthcare Provider: Phone Number:

Personal Best Peak Flow:

GREEN ZONE:

Doing well

- ✓ No coughing, wheezing chest tightness, or difficulty breathing
- ✓ Can work, play, exercise and perform usual activities without symptoms

OR

Peak flow to

(80% to 100% of personal best)



Take these medicines every day for control and maintenance:

Medicine	How much to take	When and how often

YELLOW ZONE:

Caution/Getting Worse

- ✓ Coughing, wheezing chest tightness, or difficulty breathing
- ✓ Symptoms with daily activities, working, playing and exercise
- ✓ Nighttime awakenings with symptoms

OR

Peak flow to

(50% to 80% of personal best)



CONTINUE your Green Zone medicines PLUS take these quick-relief medicines:

Medicine	How much to take	When and how often

Call your doctor if you have been in the Yellow Zone for more than 24 hours

Also call your doctor if:

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RED ZONE:

Alert

- ✓ Difficulty breathing, coughing, and wheezing not helped with medication
- ✓ Trouble walking or talking due to asthma symptoms
- ✓ Not responding to quick-relief medication

OR

Peak flow is less than

(50% of personal best)



For extreme trouble breathing/shortness of breath, GET IMMEDIATE HELP!

Take these quick-relief medicines:

Medicine	How much to take	When and how often

Call your doctor NOW.

Go to the hospital/emergency department or CALL for an ambulance NOW.