

Asthma ACTION PLAN

- Breathing is easy
 - No coughing
 - No wheezing
 - No shortness of breath
 - Can work, play, and sleep easily
 - Using quick-relief medication less than twice a week
 - PEAK FLOW**
80%–100% of personal best
- _____ - _____



Avoid these asthma triggers: _____

Take **CONTROLLER** medication: _____

- Take **QUICK-RELIEF** medication:
- Before exercise: _____
 - Before exposure to a trigger: _____

Keep **ORAL STEROIDS** on hand in case you fall into **STEP 3** of the yellow zone or into the red zone.

- Using quick-relief medication more than twice a week*
 - Coughing
 - Wheezing
 - Shortness of breath
 - Difficulty with physical activity
 - Waking at night
 - Tightness in chest
 - PEAK FLOW**
50%–80% of personal best
- _____ - _____



STEP 1: Add QUICK-RELIEF medication:

- STEP 2: Monitor your symptoms:**
- If symptoms **GO AWAY** quickly, return to the green zone.
 - If symptoms **CONTINUE** or return within a few hours:
- Add _____
- _____

- STEP 3: Continue monitoring your symptoms:**
- If symptoms **CONTINUE** after step 2 treatment:
- Add _____ oral steroid medication
 - Call your healthcare provider: _____

*You might need a change in your treatment plan

- Medication is not helping
 - Breathing is very difficult
 - Cannot walk or play
 - Cannot talk easily
 - PEAK FLOW**
Less than 50% of personal best
- _____



- Call your healthcare provider:** _____
If you can't reach your healthcare provider quickly, go to the nearest hospital emergency room or call 911 immediately.
- Go to the hospital emergency room or call 911 immediately.**
 - If you have an oral steroid at home, take _____ mg of _____ as you leave for the hospital.
 - Continue to use your quick-relief medication _____ as you go to the emergency room.

Asthma symptoms can get worse quickly. When in doubt, seek medical help.