

# ASTHMA ACTION PLAN

Date \_\_\_\_\_ Patient name \_\_\_\_\_ DOB \_\_\_\_\_

Doctor \_\_\_\_\_  Reviewed with: guardian/patient Verbalized understanding  Yes  No

- 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

\_\_\_\_\_ - \_\_\_\_\_

\* You might need a change in your treatment plan



**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: \_\_\_\_\_

- 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.**