

ASTHMA ACTION PLAN

Name: _____

Doctor: _____ Date: _____

Phone for doctor or clinic: _____

Phone for emergency room: _____

Phone for taxi or friend: _____



You can use the colors of a traffic light to help learn about your asthma medicines

1. Green means Go.
Use preventive medicine
2. Yellow means Caution.
Use quick relief medicine
3. Red means Stop.
Get help from a doctor

1. Green - Go

- ◆ Breathing is good
- ◆ No cough or wheeze
- ◆ Can work and play

Use Preventive Medicine

<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>
-----------------	-------------------------	------------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____

Peak Flow Number

80% _____ to 100% _____
of best peak flow

20 minutes before sports or exercise take this medicine

_____	_____	_____
-------	-------	-------

2. Yellow - Caution

- ◆ Cough
- ◆ Wheeze
- ◆ Tight Chest
- ◆ Wake up at night

Take quick-relief medicine to keep an asthma attack from getting bad.

<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>
-----------------	-------------------------	------------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____

Peak Flow Number

60% _____ to 80% _____
of best peak flow

3. Red - Stop - Danger

- ◆ Medicine is not helping
- ◆ Breathing is hard and fast
- ◆ Nose opens wide
- ◆ Can't walk
- ◆ Can't talk well

Get help from a doctor now!

Take these medicines until you talk with a doctor, or go directly to the hospital emergency room

<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>
-----------------	-------------------------	------------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____

Peak Flow Number

Less than 60% of best Peak Flow _____