

# ASTHMA ACTION PLAN



**GREEN** means Go Zone!  
Use preventative medicine.

**YELLOW** means Caution Zone!  
Add quick-relief medicine.

**RED** means Danger Zone!  
Get help from a doctor.

## GO

Use these daily controller medicines:

- You have all of these:
- Breathing is good
  - No cough or wheeze
  - Sleep through the night
  - Can work & play

from \_\_\_\_\_  
to \_\_\_\_\_

MEDICINE	HOW MUCH	HOW OFTEN / WHEN

For asthma with exercise, take:

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## CAUTION

Continue with green zone medicine and add:

- You have any of these:
- First signs of a cold
  - Exposure to known trigger
  - Cough
  - Mild wheeze
  - Tight chest
  - Coughing at night

Peak flow:  
from \_\_\_\_\_  
to \_\_\_\_\_

MEDICINE	HOW MUCH	HOW OFTEN / WHEN

CALL YOUR ASTHMA CARE PROVIDER

## DANGER

Take these medicines and call your doctor now:

- Your asthma is getting worse fast:
- Medicine is not helping
  - Breathing is hard & fast
  - Nose opens wide
  - Trouble speaking
  - Ribs show (in children)

Peak flow:  
reading below \_\_\_\_\_

MEDICINE	HOW MUCH	HOW OFTEN / WHEN

**GET HELP FROM A DOCTOR NOW!** Your doctor will want to see you right away. It's important!  
If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT.**

Make an appointment with your asthma care provider within two days of an ER visit or hospitalization.