

# SAMPLE - Asthma Action Plan

(for adults, teens and children age 5 and over)

**NOTE: This asthma action plan may need to be renewed and updated every 6 mos.**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Best peak flow: \_\_\_\_\_

**G  
R  
E  
E  
N**

## **Green Zone: Healthy Zone**

**Peak Flow Between \_\_\_\_\_ and \_\_\_\_\_**  
80% of best Best PFR

- Medicine to be taken as needed.
  - Albuterol inhaler (or Xopenex, Maxair): \_\_\_\_\_
    - 2 puffs 15 minutes before exercise, or
    - every 2-4 hours as needed for asthma symptoms
- Inhaled medicine to be taken every day:
  - Long-acting bronchodilator \_\_\_\_\_: \_\_\_\_\_ puffs \_\_\_\_\_ time(s) a day.
  - Inhaled corticosteroid \_\_\_\_\_: \_\_\_\_\_ puffs \_\_\_\_\_ time(s) a day. Try to use with a spacer device (if not a dry powder). Rinse mouth.
  - Combined long-acting bronchodilator/inhaled steroid \_\_\_\_\_: \_\_\_\_\_ puffs \_\_\_\_\_ time(s) a day.
- Oral medicine to be taken every day: \_\_\_\_\_, \_\_\_\_\_ mg/tab, \_\_\_\_\_ tab \_\_\_\_\_ time(s) a day.
- Other: \_\_\_\_\_

**Y  
E  
L  
L  
O  
W**

## **Yellow Zone: Caution Zone**

**Peak Flow Between \_\_\_\_\_ and \_\_\_\_\_**  
50% of best 80% of Best PFR

- Eliminate triggers if possible; no strenuous exercise.
- Medicine to be taken:
  - Albuterol inhaler (or Xopenex, Maxair): 2-4 puffs every 2-4 hours as needed
  - OR (for lower end of Yellow Zone):
    - Nebulized \_\_\_\_\_ every 2-4 hours as needed
  - Add or increase \_\_\_\_\_: \_\_\_\_\_ puffs \_\_\_\_\_ times a day for \_\_\_\_\_ days, or until peak flow is in the Green Zone for \_\_\_\_\_ number of days.
- If need albuterol more than 6 times in 24 hours or if worsening, call or see MD/NP (primary care doctor or AAMGRC (858) 292-1144).
- Other: \_\_\_\_\_

**R  
E  
D**

## **Red Zone: Danger Zone**

**Peak Flow Less Than \_\_\_\_\_ (acute distress)**  
50 % of Best PFR

- Medicine to be taken immediately:
  - Albuterol inhaler (or Xopenex, Maxair) by MDI: \_\_\_\_\_ every 20 minutes while calling MD/NP.
  - OR,
  - Nebulized (albuterol, Xopenex): \_\_\_\_\_ every 20 minutes while calling MD/NP.
- Give oral steroid (e.g. prednisone, prednisolone, Prelone, Orapred, Medrol): \_\_\_\_\_.  
If in severe distress, or unable to get out of the Red Zone within 1 hour, report directly to the nearest Emergency Department, or call or see your MD/NP.  
Call 911 if struggling to breathe, lips and/or fingernails are blue.
- Other: \_\_\_\_\_

## **SAMPLE - Asthma Action Plan**

(for adults, teens and children age 5 and over)

*NOTE: This asthma action plan may need to be renewed and updated every 6 mos.*

### **How To Control Your Asthma**

A. Follow your Green Zone plan every day to keep asthma symptoms from starting.

1. Symptoms of Green Zone:

- (a) No symptoms of asthma (no wheeze, cough, chest tightness, shortness of breath).
- (b) You are able to do your usual activities and sleep without having symptoms.

2. Recognize early asthma symptoms. Act quickly to stop them.

3. Monitor peak flow readings

B. Follow the Yellow Zone plan to stop asthma symptoms and to help keep an asthma episode from getting worse.

1. Symptoms of the Yellow Zone: (may be mild or moderate)

- (a) Symptoms may include: coughing, wheezing, feeling short of breath, feeling like your breathing is “tight.”
- (b) Mild symptoms are noticeable but do not interfere with activities.
- (c) Moderate symptoms may keep you from doing your usual activities or keep you from sleeping comfortably.

2. Acting quickly and correctly when in the Yellow Zone should help to keep you from going into the Red Zone.

C. Follow the Red Zone plan to take care of a serious episode.

1. Symptoms of Red Zone:

- (a) Symptoms may include: severe coughing, wheezing, extreme shortness of breath, moderate or severe retractions (“ribs showing” or “pulling in” the chest muscles), difficulty walking, difficulty talking.
- (b) Sometimes if your asthma is real severe, you may not even wheeze because air is not moving in and out of your airways.
- (c) Fingertips and fingernails may be dusky or bluish due to low blood oxygen.

2. Being in the Red Zone requires immediate action or emergency attention to get out of the Red Zone.

- Whenever possible, stay away from things that bring on your asthma symptoms.
- See your medical care giver regularly (e.g. 2-4 months), depending on the amount of your asthma symptoms, to evaluate and monitor your asthma management plan.