

Asthma Action Plan

An Asthma Action Plan can help you manage your asthma from day to day. It is based on your symptoms and peak flow numbers. Your doctor can tell you when and how often you should take your peak flow reading.

Name: _____ Date: _____
 Doctor's Name: _____ Doctor's Phone: _____
 Controller Medicine: _____ Quick-Relief (Rescue) Medicine: _____
 Personal Best Peak Flow: _____ Before Exercise Take: _____
 Other: _____

How Are My Symptoms Today?

Breathing is good	You are having a flare-up	You are having a serious flare-up— CALL YOUR DOCTOR NOW!
<p>Green Zone: Go</p> <ul style="list-style-type: none"> • No cough, wheeze, or shortness of breath • Sleeping through the night • Can do usual activities (work, play) • Don't need quick-relief (rescue) medicine most days <p>or Peak Flow: _____</p> <p>TAKE: Controller medicine</p> <p>Medicine: _____ How much: _____ When: _____</p> <p>Medicine: _____ How much: _____ When: _____</p> <p>Medicine: _____ How much: _____ When: _____</p>	<p>Yellow Zone: Caution</p> <ul style="list-style-type: none"> • Cough, wheeze, or shortness of breath, chest tightness • Waking at night due to asthma symptoms • Can do some but not all usual activities • Using more quick-relief (rescue) medicine <p>or Peak Flow: _____</p> <p>Continue with Green Zone medicine: ADD:</p> <p>Medicine: _____ How much: _____ When: _____</p> <p>Medicine: _____ How much: _____ When: _____</p> <p>Medicine: _____ How much: _____ When: _____</p>	<p>Red Zone: Danger</p> <ul style="list-style-type: none"> • Very short of breath, ribs show • Quick-relief (rescue) medicine has not helped • Cannot do usual activities • Symptoms in the yellow zone are the same after 24 hours or are worse <p>or Peak Flow: _____</p> <p>ADD ADDITIONAL:</p> <p>Medicine: _____ How much: _____ When: _____</p> <p>Medicine: _____ How much: _____ When: _____</p> <p>Medicine: _____ How much: _____ When: _____</p>

DANGER
 CALL 911 or Go to the Hospital
 IF

- You have trouble walking or talking
- Your lips or fingernails are blue
- You are feeling faint

Work with your doctor to complete this Asthma Action Plan.
 Use it every day to manage your asthma symptoms.



This material was developed by GlaxoSmithKline.

