

Asthma Action Plan

Name: _____



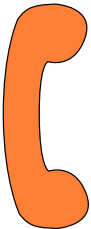

Date: _____

MRN: _____

DOB: _____

Asthma Severity:

- Exercise Induced
- Intermittent
- Moderate Persistent
- Severe Persistent

Green Zone: Doing Well	Do These Things Every Day!						
 <p>All of these are true:</p> <ul style="list-style-type: none"> • Breathing is great! • No coughing or wheezing • Asthma does not bother sleep or exercise 	<p>Take these medicines every day:</p> <table border="0"> <tr> <td style="text-align: left;">Medicine</td> <td style="text-align: left;">How to take</td> <td style="text-align: left;">How Often</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </table> <p>Use 15-20 minutes before exercise:</p> <p>_____</p> <p>Watch out for these triggers:</p> <p>_____</p>	Medicine	How to take	How Often	_____	_____	_____
Medicine	How to take	How Often					
_____	_____	_____					
Yellow Zone: Symptoms Starting	Start Relief Medicine!						
 <p>Any of these are happening:</p> <ul style="list-style-type: none"> • Getting a cold • Coughing a lot • Wheezing • Having trouble breathing 	<table border="0"> <tr> <td style="text-align: left;">Medicine</td> <td style="text-align: left;">How to take</td> <td style="text-align: left;">How Often</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </table> <p style="color: #00b050;">Keep taking Green Zone Medicine</p>	Medicine	How to take	How Often	_____	_____	_____
Medicine	How to take	How Often					
_____	_____	_____					
Orange Zone: IN TROUBLE	CALL YOUR DOCTOR FOR HELP!						
 <p>Relief medicine is not working:</p> <ul style="list-style-type: none"> • Medicine not lasting 4 hours – symptoms coming back too soon • Constant coughing • Awake all night from asthma • Needing more than 4 doses of relief medicine in one day 	<p>Doctor's Name: _____</p> <p>Doctor's Phone Number: _____</p> <table border="0"> <tr> <td style="text-align: left;">Medicine</td> <td style="text-align: left;">How to take</td> <td style="text-align: left;">How Often</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </table> <p>If you cannot reach your doctor and symptoms continue, go to urgent care or ER</p>	Medicine	How to take	How Often	_____	_____	_____
Medicine	How to take	How Often					
_____	_____	_____					
Red Zone: IN DANGER	GET HELP NOW!						
 <p>Breathing is bad:</p> <ul style="list-style-type: none"> • Gaspings (breathing hard and fast) • Ribs show when breathing • Neck or stomach caving in • Hard to talk or walk 	<p>Go to Closest ER or Dial 9-1-1</p> <p>On the way take:</p> <table border="0"> <tr> <td style="text-align: left;">Medicine</td> <td style="text-align: left;">How to take</td> <td style="text-align: left;">How Often</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </table>	Medicine	How to take	How Often	_____	_____	_____
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