

asthma action plan

name: _____ date: _____

primary care provider: _____

primary care phone number: _____

primary care provider signature: _____



Green means go zone!
Use preventive medicine.

Yellow means caution zone!
Add quick relief medicine.

Red means danger zone!
Get help from a doctor.

GO - good control

use these daily controller medicines:

You have all of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work & play

medicine	how much	how often/when
20 minutes before physical activity use this medicine:		

WARNING - take action

continue with green zone medicine and add:

You have any of these:

- Daytime and/or nighttime coughing
- Tight chest
- Wheeze
- First sign of a cold

medicine	how much	how often/when
Call your primary care provider if not getting better in 24 hours or if rescue medication is used more than two times a week or you started prednisone or oral steroids.		

DANGER - take these medications and call your primary care provider now!

Your asthma is getting worse fast:

- Your medicine is not helping
- Breathing is hard & fast
- Nose opens wide
- Trouble speaking
- Ribs show

medicine	how much	how often/when
<div style="display: flex; align-items: center;"> <div style="background-color: red; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">911</div> <p>lips are bluish, getting worse fast, struggling to breathe, can't talk or cry because of hard breathing, has passed out</p> </div>		

If you cannot contact your doctor, go directly to the emergency department. Do not wait!

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

the goal of a good asthma action plan is to:

- Have minimal or no asthma symptoms during the day and night
- Reduce or eliminate asthma attacks
- Have no limitations on activities – no missed school or work days
- Use quick-relief (rescue) inhaler less often
- Reduce or have no side-effects from medicines
- Maintain normal or almost normal lung function

there are three types of medicines for treating asthma

rescue medicines

Everyone with asthma needs a rescue medicine. Use it at the first signs of an asthma flare up. A rescue medicine:

- May be an albuterol inhaler also known as Ventolin, Proventil, Pro-Air or a nebulizer (aerosol)
- Works very quickly to open airways that makes it easier to breathe, but it lasts for a short time
- May make you feel jittery and increase your heart rate temporarily
- Should not be needed more than 2 times per week
- May not work for a flare-up more than 2 times per week
- May be used 15 to 20 minutes before exercising or playing, if instructed by your provider



ProAir® HFA

Albuterol sulfate HFA



QVar® RediHaler
40mg

Asmanex®
HFA

Pulmicort
Flexhaler™

QVar® RediHaler
80mg

Flovent®
HFA

controller medicines

Most children with asthma also need one or more controller medicines. A controller medicine:

- Helps prevent asthma symptoms and flare ups
- Works to reduce the swelling and the mucus in the airways
- Is taken every day even if feeling well
- Does NOT help immediately in an asthma flare up
- Should be rinsed from your mouth after using

oral steroids:

- Are prescribed for short periods
- Are powerful medicines used to treat serious asthma flare-ups
- Are taken by mouth, in pill or liquid form
- Are not the same steroids some people take to build muscles
- Discuss possible side effects with your provider

tips

- Be sure you know how to take your medication correctly
- Use your rescue medicine as directed by your provider
- Keep your rescue inhaler and spacer with you at all times
- Take your controller medicine every day as directed by your doctor, even when you feel fine
- Use your Asthma Action