Asthma Action Plan, for Children 6 Years or Older

Health Care Provider’s Name

Health Care Provider’s Phone Number

Completed by

Date

Long-Term Control Medicines
(Use every day to stay healthy)

<table>
<thead>
<tr>
<th>How Much To Take</th>
<th>How Often</th>
<th>Other Instructions</th>
</tr>
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<tbody>
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<td></td>
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<td>(such as spacers/masks, nebulizers)</td>
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Quick-Relief Medicines

<table>
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<tr>
<th>How Much To Take</th>
<th>How Often</th>
<th>Other Instructions</th>
</tr>
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<td></td>
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<td>NOTE: If this medicine is needed frequently, call physician to consider increasing long-term-control medications</td>
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Special instructions when I feel **good** (green), not **good** (yellow), and **awful** (red).

I feel **good**.
(My **peak flow** is in the GREEN zone.)

**Prevent** asthma symptoms everyday:
- Take my long-term-control medicines (above) every day
- Before exercise, take ________ puffs of
- Avoid things that make my asthma worse like:

**GREEN ZONE**

Peak Flow

My Personal Best

I do not feel **good**.
(My **peak flow** is in the YELLOW zone.)
My symptoms may include one or more of the following:
- Wheeze
- Tight chest
- Cough
- Shortness of breath
- Waking up at night with asthma symptoms
- Decreased ability to do usual activities
- 

**YELLOW ZONE**

Peak Flow

80% Personal Best

I feel **awful**.
(My **peak flow** is in the RED zone.)
Warning signs may include one or more of the following:
- It’s getting harder and harder to breathe.
- Unable to sleep or do usual activities because of trouble breathing.

**RED ZONE**

Peak Flow

50% Personal Best

**DANGER! Get help immediately!**
Call 9-1-1 if you have trouble walking or talking due to shortness of breath or lips or fingernails are gray or blue.

NOTE: If this medicine is needed frequently, call physician to consider increasing long-term-control medications.

Prepared by the San Francisco Bay Area Regional Asthma Management Plan.


### Doing Well
- No cough, wheeze, chest tightness, or shortness of breath during the day or night.
- Can do usual activities.

**And, if a peak flow meter is used,**

**Peak flow:** more than _______ to _______ (80 percent or more of my best peak flow)

My best peak flow is: _______.

- Identify and avoid and control the things that make your asthma worse, like (list here):

  - Before exercise, if prescribed, take: □ 2 or □ 4 puffs _______ 5 to 60 minutes before exercise.

### ASTHMA IS GETTING WORSE.
- Cough, wheeze, chest tightness or shortness of breath, or
- Waking at night due to asthma or
- Can do some but not all usual activities

**– OR –**

**Peak Flow:** _______ to _______.
(50 to 79 percent of my best peak flow)

1. **Add quick-relief medicine — and keep taking your GREEN ZONE medicine.**
   - □ 2 or □ 4 puffs every 20 minutes for up to 1 hour
   - □ Nebulizer, once

   **If applicable remove yourself from the thing that made your asthma worse**

2. **If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:**
   - □ Continue monitoring to be sure you stay in the green zone
   - □ OR –
   - **If your symptoms (and peak flow, if used) do NOT return to GREEN ZONE after 1 hour of above treatment:**
     - □ Take _______ (short acting B, agonist) □ 2 or □ 4 puffs or □ Nebulizer
     - □ Add _______ mg per day. For _______ (3-10) days
     - □ Call the doctor _______ □ before □ within _______ hours after taking the oral corticosteroid

### MEDICAL ALERT
- Very short of breath, or
- Quick relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or get worse after 24 hours in Yellow Zone

**– OR –**

**Peak Flow:** less than _______.
(50 percent or my best peak flow)

- Take this medication:
  - □ _______ 4 or □ 6 puffs or □ Nebulizer
  - □ _______ (short acting B, agonist) mg.
  - □ _______ (oral corticosteroid) mg.

**Then call your doctor NOW.** Go to the hospital or call an ambulance if:
- You are still in the RED ZONE after 15 minutes AND
- You have not reached your doctor

**Danger Signs**
- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue

- Take □ 4 or □ 6 puffs of your quick-relief medication AND
- Go to the hospital or call for an ambulance _______ (phone) NOW

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