

My Asthma Action Plan

Name: _____ Date: _____

Parent/Guardian: _____

Healthcare Provider: _____

Medical Record #: _____

Phone for healthcare provider: _____

Phone for taxi or friend: _____

Traffic light colors help you learn about asthma symptoms and what to do.



RED means **I feel AWFUL**. Get help right away.

YELLOW means **I do NOT feel good**. Add a relief medicine to feel better fast.

GREEN means **I feel GOOD**. Use long-term control medicine.

I feel GOOD

- Breathing is easy.
- No cough or wheeze.
- Can work and play



Peak Flow Numbers:
_____ to _____

Use asthma long-term control medicine.

| Medicine: | How taken: | How much: | When: |
|-----------|------------|-----------|-------------------|
| _____ | _____ | _____ | _____ times a day |
| _____ | _____ | _____ | _____ times a day |
| _____ | _____ | _____ | _____ times a day |

20 minutes before exercise or sports, take _____ puffs of this medicine:

I do NOT feel good

- Cough
- Wheeze
- Hard to breathe
- Wake up at night.
- Can do some, but not all activities.



Peak Flow Numbers:
_____ to _____

TAKE _____ puffs of quick-relief medicine. If not back in the **Green Zone** within 20 to 30 minutes, take _____ more puffs.

| Medicine: | How taken: | How much: | When: |
|-----------|------------|-----------|-------------------|
| _____ | _____ | _____ | every _____ hours |

KEEP USING long-term control medicine:

| Medicine: | How taken: | How much: | When: |
|-----------|------------|-----------|-------------------|
| _____ | _____ | _____ | _____ times a day |
| _____ | _____ | _____ | _____ times a day |

Call healthcare provider if quick-relief medicine does not work OR if these symptoms happen more than twice a week.

I feel AWFUL

- Medicine does not help.
- Breathing is hard and fast.
- Can't walk well.
- Can't talk.
- Feel very scared.



Peak Flow Number is
Lower than _____

Get help now! Take these quick-relief medicines until you get emergency care.

| Medicine: | How taken: | How much: | When: |
|-----------|------------|-----------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Call 911 if can't walk or talk because it is too hard to breathe OR if lethargic OR if skin is sucked in around neck and ribs during breaths OR if lips or fingernails are gray or blue.