Asthma Action Plan For _______________________________  
Doctor’s Name___________________________________________Date_____________________
Doctor’s Phone Number_________________________  
Hospital/Emergency Room Phone Number_________________________

GREEN ZONE: 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 _________________
(80% or more of my best peak flow)

My best peak flow is:__________________________________________

Before exercise
☐ __________________________________________
☐ 2 or ☐ 4 puffs  5 to 60 minutes before exercise

YELLOW ZONE: Asthma Is Getting Worse

First
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 your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:
☐ Take the quick-relief medicine every 4 hours for 1 to 2 days.
☐ Double the dose of your inhaled steroid for__________ (7-10) days.

Second
If your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:
☐ Take:__________________________________________
☐ __________________________________________
☐ Nebulizer
☐ Add:__________________________________________mg. per day For__________ (3-10) days
☐ Call the doctor within________ hours after taking the oral steroid.

RED ZONE: Medical Alert!
- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are the same or get worse after 24 hours in Yellow Zone

- OR -

Peak flow: less than______________ (50% of my best peak flow)

Take this medicine:
☐ __________________________________________
☐ 4 or ☐ 6 puffs or ☐ Nebulizer
☐ __________________________________________
☐ (oral steroid)

Then call your doctor NOW! Go to the hospital or call for 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

- OR -

Take ☐ 4 or ☐ 6 puffs of your quick-relief medicine AND
- Go to the hospital or call for an ambulance (_________________________________) NOW!