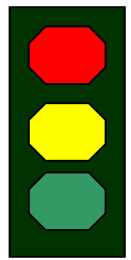


# \_\_\_\_\_ 's Asthma Action Plan

Patient's Name \_\_\_\_\_

Personal Best Peak Flow Meter Score: \_\_\_\_\_ Date: \_\_\_\_\_



Category of severity: (check one) \_\_\_ Mild Intermittent \_\_\_ Mild Persistent \_\_\_ Moderate Persistent \_\_\_ Severe Persistent

## Other Important Instructions:

1. *No smoking in your home or car.*
2. Remove known *triggers* from your child's environment: \_\_\_\_\_
3. Other: \_\_\_\_\_

**Green Zone:**  
You are breathing  
your best.

Your Peak Flow is greater than \_\_\_\_\_  
(80% of your personal best peak flow number)

You:

- sleep through the night without coughing or wheezing
- have no early warning signs of an asthma flare-up & can do usual activities



Take Long-Term Control medications:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Continue to avoid triggers.



**Take quick-relief medicines 15 minutes before exercise.**

- \_\_\_\_\_

Physician:

Telephone Number:

Student may carry and self-administer medication \_\_\_\_\_

**Yellow Zone:**  
You are not breathing  
your best.

Your Peak Flow is between \_\_\_\_\_ and \_\_\_\_\_  
(50%-80% of your personal best peak flow number)

You may:

- be coughing or wheezing at night or at school
- have early warning signs of a flare-up
- have trouble doing your usual activities (school, play, work, exercise)



Take quick-relief medicines:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Adjust Long-Term Control medicines as follows until back in Green Zone:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Call your doctor if:

- you stay in the Yellow Zone for more than \_\_\_\_\_ hours
- your symptoms are getting worse
- you use quick-relief medicine more than every 4 hours

**Red Zone:**  
You need help now.

Your Peak Flow is less than \_\_\_\_\_  
(50% of your personal best peak flow number)

You may:

- be coughing, short of breath, wheezing
- suck in skin between ribs, above your breastbone and collarbone when breathing
- have trouble walking or talking



Emergency Medicine Plan:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**Call your doctor or emergency room and ask what to do.**



Call 911 if no improvement and:

- your nails or lips are blue
- you have trouble walking or talking
- you cannot stop coughing

A project of:

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