Asthma Action Plan

GO (GREEN)
You have ALL of these:
- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work or play

Use these medicines every day.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How Much to Take</th>
<th>When to Take It</th>
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For asthma with exercise, take:

Use these medicines every day.

CAUTION (YELLOW)
You have ANY of these:
- First sign of a cold
- Exposure to known trigger
- Cough
- Asthma medicine is needed more than 2-3 times a week
- Coughing at night

Continue with green zone medicine and ADD:

First
Call Doctor if no improvement

Next
- 2 puffs or 1 vial by nebulizer
- Every 4 hours as needed

IF QUICK RELIEVER/YELLOW ZONE MEDICINE IS NEEDED MORE THAN 2-3 TIMES A WEEK, THEN CALL YOUR DOCTOR.

DANGER (RED)
Your asthma is getting worse fast:
- Medicine is not helping within 15-20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Lips and/or fingernails blue
- Trouble walking and talking

Take these medicines and call your doctor.

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Immediately - Call Doctor

Get help from a doctor now! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It is IMPORTANT if you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT. Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

Check all items that trigger your asthma and things that could make your asthma worse:

- Chalk dust
- Cigarette Smoke and second hand smoke
- Colds/Flu
- Dust mites, dust, stuffed animals, carpet
- Exercise
- Sudden temperature change
- Mold

- Ozone alert days
- Pets and cockroaches
- Pets-animal dander
- Plants, flowers, cut grass, pollen
- Strong odors, perfumes,
- Cleaning products
- Wood Smoke

Foods

Other

Doctor's Signature/Stamp

Respiratory Health Association

www.lungchicago.org

Adapted from the original design by the Pediatric Asthma Coalition of New Jersey