




# Asthma Action Plan

General

Green Zone: Doing Well		Give every day:			
		MEDICINE:	HOW MUCH:	WHEN:	
<ul style="list-style-type: none"><li>No signs of asthma</li><li>Able to do normal activities</li><li>No problems while sleeping</li></ul> <p>Peak flow above: (above 80% of best)</p> <p>_____</p> <p>* Rinse mouth after this medicine</p>		_____	_____	_____	
		_____	_____	_____	
		_____	_____	_____	
		_____	_____	_____	
		_____	_____	_____	
Yellow Zone: Watch Out		1. FIRST – give:			
<p>Early signs of asthma:</p> <ul style="list-style-type: none"><li>Cold symptoms</li><li>Coughing</li><li>Wheezing</li><li>Funny feeling in the chest</li></ul> <p>Child's first sign:</p> <p>_____</p> <p>Peak flow above: (50–80% of best)</p> <p>_____</p>		■ Albuterol _____	2–4 puffs or 1 nebulizer	1–3 times in first hour	
		■ Call your doctor or nurse if not in Green Zone after first hour.			
		2. NEXT – if asthma is better after first hour, you may give:			
		■ Albuterol _____	2–4 puffs or 1 nebulizer	every 4 hours if needed	
		Call your doctor or nurse if:			
<ul style="list-style-type: none"><li>Albuterol needed more often than every 4 hours</li><li>Albuterol needed every 4 hours for more than 1 day</li></ul>					
Keep taking Green Zone medicines.					
Red Zone: EMERGENCY		1. FIRST – give <i>now</i> :			
<p>Late signs of asthma:</p> <ul style="list-style-type: none"><li>Tightness in the chest or constant coughing</li><li>Breathing hard or fast</li><li>Using neck or stomach muscles to breathe</li><li>Trouble talking or walking</li><li>Vomiting</li><li>Blue lips or nails</li></ul>		■ Albuterol _____	6 puffs or 1 nebulizer		
		■ <b>AND</b> call your doctor or nurse.			
		2. NEXT – if you cannot reach your doctor or nurse <i>immediately</i> , give:			
		■ Albuterol _____	6 puffs or 1 nebulizer		
		_____	(oral steroid)		
■ <b>AND</b> go to the nearest Emergency Department or call 911.					

\_\_\_\_\_  
RN/MD signature

\_\_\_\_\_  
Date

_____ Provider name
_____ Provider number