

# ASTHMA ACTION PLAN

Patient \_\_\_\_\_ Doctor \_\_\_\_\_ Dr. Phone # \_\_\_\_\_ Peak Flow Personal Best \_\_\_\_\_ *pm* Updated \_\_\_\_\_

## GREEN ZONE • GO AHEAD!

### Symptoms (YES TO ANY)

- “Rescue” or “quick relief” medicines needed less than twice a week
- No wheezing, cough, chest tightness or shortness of breath
- Can sleep without waking up due to asthma
- Can do most activities
- Work or school is not missed
- Rarely, if ever, need emergency care

OR

### Peak Flow (YES TO ANY)

Your Green Zone  
Peak Flow Range:

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

Peak flow is  
80 to 100% of your  
“Personal Best”

## GREEN ZONE ACTION

1. Take your “controller” medicine(s), \_\_\_\_\_, everyday as prescribed to keep asthma in good control.

## YELLOW ZONE • BE AWARE!

### Symptoms (YES TO ANY)

- Albuterol, or other rescue medication used more than twice a week
- Cough, wheezing or shortness of breath
- Wake from sleep due to asthma
- Can do some, but not all usual activities

OR

### Peak Flow (YES TO ANY)

Your Yellow Zone  
Peak Flow Range:

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

Peak flow is  
50 to 80% of your  
“Personal Best”

## YELLOW ZONE ACTION

1. Take “rescue” medicine – 2-4 puffs albuterol or 1 nebulizer every 20 minutes – for up to 3 doses, then every 4 hours as needed to relieve symptoms
2. If asthma symptoms continue more than 2 days, you have continued trouble sleeping due to asthma, or if “rescue” medicine is needed more than every 4 hours, see Red Zone. Call for advice if needed.

## RED ZONE • STOP & TAKE ACTION!

### Symptoms (YES TO ANY)

- Constant need for albuterol
- Constant wheezing, cough or shortness of breath
- Continued waking from sleep due to asthma
- Difficulty breathing, walking or talking
- Difficulty doing usual activities

OR

### Peak Flow (YES TO ANY)

Your Red Zone  
Peak Flow Range:

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

Peak flow is below  
50 percent of your  
“Personal Best”

## RED ZONE ACTION

- If you need “rescue” medicine every 2 to 4 hours, and you still have red zone symptoms:
1. Start prednisone or prednisolone as directed by your doctor. Keep in mind that it may take 4 to 6 hours for the medicine to work.
  2. You may take “rescue” medicine – 2-6 puffs albuterol or 1 nebulizer every 20 minutes – for up to 1 hour.
  3. If you have tried the above steps and there is no relief, have someone take you to the nearest Emergency Room or call 911 immediately. Continue to take “rescue” medicine as needed.

- Overuse of “Rescue / Quick Relief” asthma medications (such as albuterol, ProAir®, Ventolin®, Proventil®, Xopenex® and Maxair®) is a danger signal that your asthma may not be in good control.
- “Controller / Preventer” medications can prevent asthma flare-ups.
- Talk to your doctor about using your personalized Asthma Action Plan to avoid asthma attacks.



Developed by the Hawaii Asthma Friendly Pharmacy Project, a partnership to improve asthma outcomes in the Hilo area.