

ASTHMA ACTION PLAN

Name _____ Date _____ Best Peak Flow _____

Green Zone - GO

Green Zone Symptoms

- Peak Flow is $\geq 80\%$ of personal best peak flow.
- You are completely well and not experiencing any asthma symptoms.

When no Peak Flow test is available, you should meet the following standards:

- You show no symptoms of asthma, you're able to perform your usual activities of daily living, exercise without compromise, sleep without difficulty.
- You have used a rescue inhaler less than once per week during the day, and less than twice per month during the night (being awakened from your sleep) or first thing in the morning upon awakening. Alternately, no unexpected increase in rescue inhaler use.

Green Zone medications and instructions

1. Continue regular use of maintenance medication as prescribed.
2. Use your rescue inhaler as needed to relieve shortness of breath, wheezing, chest tightness, or cough related to asthma. (If use increases to twice a day or more unscheduled or twice per month use on awakening, upgrade to the Yellow Zone.)
3. If you have a component of exertional asthma, you may premedicate with 1-2 puffs of your rescue medication 20 minutes prior to exercise. This use doesn't necessarily reflect a worsening of asthma.

Yellow Zone - CAUTION

Yellow Zone Symptoms

- Peak Flow is between 60-80% of personal best peak flow.
- Asthma symptoms are beginning or you are being exposed to your typical triggers.

When no Peak Flow test is available, you may have these symptoms:

- You may be short of breath, wheezing, coughing, or have chest tightness.
- Your use of rescue medication exceeds your normal usage; two or more unscheduled daytime uses during a typical week or two or more unscheduled uses per month upon awakening during the nighttime or early morning.

Yellow Zone medications and instructions

1. Continue preventive medication as prescribed.
2. When needed to control shortness of breath, wheezing, or coughing due to asthma, take your rescue inhaler as directed or take your rescue medication through your nebulizer. If use is required more frequently than instructed (usually 4 hours), upgrade status to Red Zone and follow those instructions.
3. Schedule a follow up appointment with me or your Allergist-Immunologist as soon as possible.
4. Now is the time to add steroids or added rescue medication as instructed by your allergist.
5. Repeat Peak Flow test and/or reassess symptoms every few hours. If necessary, step up or down to the appropriate zone and follow those instructions.

Red Zone - STOP

Red Zone Symptoms

Peak Flow is $\leq 60\%$.

- Symptoms are shortness of breath, wheezing, coughing, chest tightness.
- Your rescue medication does not work effectively for 4 hours and the length of time it is effective is steadily decreasing.
- You are having thoughts such as, "I need to be in the emergency room" or a feeling of doom.

Red Zone medications and instructions

1. Go to the emergency room.
2. On the way to the ER:
 - a. Take your rescue medication.
 - b. If you have airway impairment and you have been given an epinephrine auto-injector, use it.
 - c. Take a steroid in the recommended dose if you have it and you can swallow properly.
3. Make an appointment with your Allergist-Immunologist as soon as you are released from the emergency room.