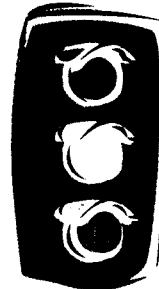




ASTHMA ACTION PLAN

Check Asthma Severity: Mild Intermittent Mild Persistent Moderate Persistent Severe Persistent

| | | |
|--------------------------------|---------------------------------|--|
| Patient's Name | DOB | Effective Date ____/____/____ to ____/____/____ |
| Doctor's Name | Parent/ Guardian's Name | |
| Doctor's Office Phone Number | Parent/ Guardian's Phone Number | |
| Emergency Contact after Parent | Contact Phone | |



Personal Best Peak Flow: _____
Personal Peak Flow Ranges

RED means Danger Zone!
Get help from a doctor. _____

YELLOW means Caution Zone!
Add prescribed yellow medicine. _____

GREEN means Go Zone!
Use preventive medicine. _____

- You have all of these:
- Breathing is good.
 - No cough or wheeze.
 - Sleep through the night.
 - Can work and play.

| Medicine/ Dosage | How much to take | When to take it |
|---------------------|------------------|-----------------|
| | | |
| | | |
| Comments | | |
| For exercise, take: | | |
| | | |

- Trigger List:
- Chalk dust
 - Cigarette smoke
 - Colds/Flu
 - Dust or dust mites
 - Stuffed animals
 - Carpet
 - Exercise
 - Mold
 - Ozone alert days
 - Pests
 - Pets
 - Plants, flowers, cut grass, pollen
 - Strong odors, perfume, cleaning products
 - Sudden temperature change
 - Wood smoke
 - Foods:
 - _____
 - _____
 - Other:
 - _____

CAUTION (Yellow) → Continue with green zone medicine and **ADD:**

- You have any of these:
- First sign of a cold.
 - Exposure to a known trigger.
 - Cough.
 - Mild wheeze.
 - Tight chest.
 - Cough at night.

And/ or personal peak flow from 80%

To 50%

| Medicine/ Dosage | How much to take | When to take it |
|------------------|------------------|-----------------|
| | | |
| | | |
| Comments | | |

If Quick Reliever/ Yellow Zone medicines are used more than 2 to 3 times per week, **CALL** your Doctor.

- 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 blue.
 - Fingernails blue.
 - Trouble walk or talking.

| Medicine/ Dosage | How much to take | When to take it |
|------------------|------------------|-----------------|
| | | |
| | | |
| Comments | | |

GET HELP FROM A DOCTOR NOW!
If you cannot contact your doctor, go directly to the emergency room.
DO NOT WAIT.

Adapted from: NYC DOHMH and Pediatric/ Adult Asthma Coalition of New Jersey.