

Asthma Action Plan

Name: _____

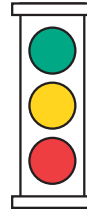
Provider: _____

Provider phone number: _____

For emergencies call 911

Date: _____

Your health care provider can write down your asthma medicines and peak flow ranges on the card. You can use the colors of a traffic light to help learn about your asthma medicines.



Green means Go
Use long-term-control medicine.
Yellow means Caution
Use quick-relief medicine.
Red means Stop
Get help from a doctor now.

1. Green-Go

- Breathing is good
- No cough or wheeze
- Can work or play



Peak Flow Number:
_____ to _____

Use long-term-control medicine.

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____

20 minutes before sports, use this medicine:

2. Yellow-Caution



Cough



Wheeze



Tight chest



Wake up
at night

Peak Flow Number:
_____ to _____

Take quick-relief medicine to keep an asthma attack from getting bad.

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____

3. Red-Stop

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Can't walk
- Ribs show
- Can't talk well



Peak Flow Number:
_____ to _____

GET HELP FROM A DOCTOR NOW!

Take these medicines until you talk to the doctor.

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____