

My Asthma Action Plan

I. Green - Go

Use your long-term control medicine everyday.

- Breathing is normal
- No cough, wheeze, or other symptoms
- Can do usual activities

Peak Flow Number
_____ to _____

(80% more of my personal best)

<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>
_____	_____	_____
_____	_____	_____

20 minutes before sports, use this medicine:

Notes: _____

2. Yellow - Caution

Take your quick-relief medicine asthma symptoms.

- Cough, wheeze, tight chest
- Shortness of breath
- Other symptoms

Peak Flow Number
_____ to _____

(50-79% more of my personal best)

<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>
_____	_____	_____
_____	_____	_____

Notes: _____

2. Red-Stop-Danger

Emergency!

Take your quick-relief medicine and call a doctor right away!

- Breathing is hard and fast
- Nose opens wide
- Can't walk
- Ribs show
- Can't talk well
- Pale or bluish face, lips or fingernails

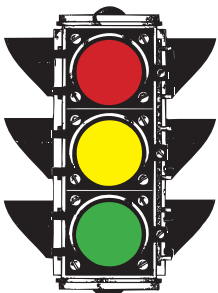
Peak Flow Number
_____ to _____

(49% or less of my personal best)

<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>
_____	_____	_____
_____	_____	_____

Notes: _____

The colors of a traffic light can help you learn about your asthma medicines.



- 1. Green = Go**
Use your long-term control medicine. Continue your normal activities.
- 2. Yellow = Caution**
Use your quick-relief medicine. Slow down your activity level.
- 3. Red = Stop**
Use your quick-relief medicine. Get help from a doctor!

Name: _____

Member #: _____

Doctor: _____

Doctor or Clinic phone #: _____

Family member or friend's phone #: _____

Personal best peak flow: _____