

Asthma Action Plan

Name: _____ DOB: _____ Date: _____

Maintenance Meds - Decrease airway inflammation and prevent asthma symptoms. Works GRADUALLY. TAKE EVERY DAY!

	Other instructions:

Rescue Meds - Opens up airway temporarily. Works QUICKLY. TAKE ONLY AS NEEDED

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Peak flow meter: Some asthmatics may benefit from having a peak flow meter at home, which can help assess asthma severity. Peak flows should be checked daily when sick or during possible asthma symptoms. Record BEST OF 3 READINGS

PEAK FLOW
Best of 3 readings

<u>GREEN ZONE</u>	I feel good	----- Personal Best	PREVENT asthma symptoms Take maintenance meds every day
<u>YELLOW ZONE</u>	I do NOT feel good <u>OR</u> peak flow is low	----- 80% Pers. Best	Continue maintenance meds, but also take: Rescue inhaler 2-6 puffs (or nebulized albut./Xopenex) Repeat in 20 minutes if needed, then every 2-4 hours as needed May need to come in for office visit May need to increase maintenance medication May need oral steroid Continue to check peak flows 3x/day
<u>RED ZONE</u>	I feel AWFUL <u>OR</u> peak flow is very low	----- 50% Pers. Best	MEDICAL ALERT! Take Rescue inhaler as described above in Yellow Zone Needs oral steroid Call. Needs to be seen in doctor's office or ER right away.

CALL 911 IF TROUBLE WALKING OR TALKING DUE TO SHORTNESS OF BREATH, OR LIPS OR FINGERNAILS ARE GRAY OR BLUE