

I want to be able to: _____



Children'sSM
Healthcare of Atlanta
Dedicated to All Better

My asthma action plan

Patient name: _____ DOB: _____

Doctor's name: _____ Signature: _____

Doctor's phone #: _____ Date: _____

Controller medicines	How much to take	How often	Other instructions
		_____ times per day EVERY DAY	☐ Gargle or rinse mouth after use
		_____ times per day EVERY DAY	
		_____ times per day EVERY DAY	
Quick-relief medicines	How much to take	How often	Other instructions
	☐ 2 puffs ☐ 4-6 puffs ☐ 1 nebulizer treatment	Take ONLY as needed (see below — starting in Yellow Zone or before exercise)	NOTE: If you need this medicine more than 2 days a week, call your doctor.

Asthma triggers (check all that apply):

- ☐ Exercise ☐ Change in temperature ☐ Molds ☐ Animals ☐ Strong odors or fumes ☐ Smoke
☐ Pollens ☐ Respiratory infections ☐ Dust ☐ Strong emotions ☐ Food/Other _____

Special instructions when I am



Doing well



Be careful



Ask for help

Doing **well**.

- No coughing, wheezing, chest tightness, shortness of breath during the day or night
- Can go to school and play



PREVENT asthma symptoms every day:

- ☐ Take my controller medicines (above) every day
- ☐ Before exercise, take _____ puff(s) of _____
- ☐ Avoid triggers that make my asthma worse (See above)

Be **careful**.

- Coughing, wheezing, chest tightness, shortness of breath
- Waking at night due to asthma symptoms
- Can do some, but not all, usual activities
- Runny nose, watery eyes



CAUTION. Continue taking my controller medicines every day.

- ☐ Take _____ puffs or _____ nebulizer treatment(s) of quick relief medicine. If I am not back in the **Green Zone** within one hour, then I should:
- ☐ Continue using quick relief medicine every 4 hours as needed. Call provider if not improving in _____ days.
- ☐ Increase _____
- ☐ Add _____

Ask for **help**.

- Very short of breath
- Continual coughing
- Skin between ribs is pulling inwards
- Difficulty speaking without running out of breath
- Quick-relief medicines have not helped
- Symptoms same or worse after 48 hours in Yellow Zone



MEDICAL ALERT! Get help!

- ☐ Take quick-relief medicine: _____ puffs every _____ minutes and get help immediately.
- ☐ Take _____
- ☐ Call _____

If skin, fingernail or lip color is blue at any time:

Call 911 for help or go to the nearest Emergency Department