

I want to be able to: \_\_\_\_\_



**Children's**<sup>SM</sup>  
Healthcare of Atlanta

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

*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**



**GREEN ZONE**

## 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)



**YELLOW ZONE**

## 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 \_\_\_\_\_



**RED ZONE**

## 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**