

# My Asthma Action Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Healthcare Provider: \_\_\_\_\_

Medical Record #: \_\_\_\_\_

Phone for healthcare provider: \_\_\_\_\_

Phone for taxi or friend: \_\_\_\_\_

Traffic light colors help you learn about asthma symptoms and what to do.



**RED** means **I feel AWFUL**. Get help right away.

**YELLOW** means **I do NOT feel good**. Add a relief medicine to feel better fast.

**GREEN** means **I feel GOOD**. Use long-term control medicine.

I feel GOOD

- Breathing is easy.
- No cough or wheeze.
- Can work and play



Use asthma long-term control medicine.

Medicine:	How taken:	How much:	When:
_____	_____	_____	_____ times a day
_____	_____	_____	_____ times a day
_____	_____	_____	_____ times a day

Peak Flow Numbers:  
\_\_\_\_\_ to \_\_\_\_\_

20 minutes before exercise or sports, take \_\_\_\_\_ puffs of this medicine:

I do NOT feel good

- Cough
- Wheeze
- Hard to breathe
- Wake up at night.
- Can do some, but not all activities.



**TAKE** \_\_\_\_\_ puffs of quick-relief medicine. If not back in the **Green Zone** within 20 to 30 minutes, take \_\_\_\_\_ more puffs.

Medicine:	How taken:	How much:	When:
_____	_____	_____	every _____ hours

**KEEP USING** long-term control medicine:

Medicine:	How taken:	How much:	When:
_____	_____	_____	_____ times a day
_____	_____	_____	_____ times a day

Peak Flow Numbers:  
\_\_\_\_\_ to \_\_\_\_\_

Call healthcare provider if quick-relief medicine does not work OR if these symptoms happen more than twice a week.

I feel AWFUL

- Medicine does not help.
- Breathing is hard and fast.
- Can't walk well.
- Can't talk.
- Feel very scared.



Peak Flow Number is  
Lower than \_\_\_\_\_

**Get help now!** Take these quick-relief medicines until you get emergency care.

Medicine:	How taken:	How much:	When:
_____	_____	_____	_____
_____	_____	_____	_____

**Call 911** if can't walk or talk because it is too hard to breathe OR if lethargic OR if skin is sucked in around neck and ribs during breaths OR if lips or fingernails are gray or blue.