

Asthma Action Plans

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An asthma action plan is a set of personal instructions to help you keep your asthma under control. Asthma action plans are also sometimes called asthma management plans. The asthma action plan is developed by your doctor and clearly describes the steps to take if you experience any symptoms. Each person's asthma action plan is made especially for him or her.

Here is an example of an asthma action plan. It is divided into zones that are based on symptoms or a peak flow reading from a peak flow meter. The zones are red, yellow, and green, like a traffic light.

Green Zone - Go

- No asthma symptoms are present
- Peak flows are at 80-100% of the personal best
- Take your asthma medicines as usual
- Asthma is under control

Yellow Zone - Caution

- Asthma symptoms are present
- Peak flows are 50-80% of personal best
- Take your reliever medicine
- Refer to the instructions on the plan
- If you are always in the yellow zone you should talk to your doctor about changing your medicine.

Red Zone - Danger

- Emergency warning signs and symptoms are present
- Peak flows are less than 50% of personal best
- Take your quick relief medicine
- Follow the instructions on the plan.
- Call your doctor immediately
- If your asthma gets worse, **CALL 911**

Asthma Action Plan

Name _____ Date _____
Doctor _____ Medical Record # _____
Doctor's Office Phone Number: Day _____ Night/Weekend _____
Emergency Contact _____
Doctor's Signature _____

The colors of a traffic light will help you use your asthma medicines.
Green means Go Zone! Use preventive medicine.
Yellow means Caution Zone! Add quick-relief medicine.
Red means Danger Zone! Get help from a doctor.
Personal Best Peak Flow _____

GO

You have **all** of these:
• Breathing is good
• No cough or wheeze
• Sleep through the night
• Can work and play

Peak flow from _____ to _____

Use these daily preventive anti-inflammatory medicines:

MEDICINE	HOW MUCH	HOW OFTEN / WHEN

For asthma with exercise, take:

CAUTION

You have **any** of these:
• First signs of a cold
• Exposure to known trigger
• Cough
• Mild wheeze
• Tight chest
• Coughing at night

Peak flow from _____ to _____

Continue with green zone medicine and add:

MEDICINE	HOW MUCH	HOW OFTEN / WHEN

CALL YOUR PRIMARY CARE PROVIDER.

DANGER

Your asthma is getting worse fast:
• Medicine is not helping
• Breathing is hard and fast
• Nose opens wide
• ribs show
• Can't talk well

Peak flow below _____

Take these medicines and call your doctor now.

MEDICINE	HOW MUCH	HOW OFTEN / WHEN

Get help from a doctor now! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT.** Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

The City of New York Department of Health
Website: nyc.gov/health

New York City Childhood Asthma Initiative
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