Asthma Action Plan

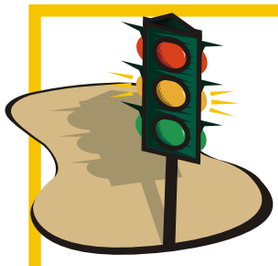
GREEN ZONE: (Good to go!)

- Breathing is good
- No coughing, wheezing, chest tightness, or shortness of breath
- No problems talking or walking

What to do:

1. Give daily controller medications (daily medications)
2. Give Albuterol 2 puffs 5 - 60 minutes prior to exercise

PEAK FLOW Number:
_____ to _____
(80 - 100% of Best)



YELLOW ZONE: (Caution!)

- Coughing, Wheezing, chest tightness, or shortness of breath
- No problems talking or walking but may feel anxious
- Unable to sleep because of asthma symptoms

What to do:

1. Continue daily controller medications
2. Give ALBUTEROL nebulizer OR inhaler
   ❑ 2 puffs ❑ 4 puffs wait 20 minutes and repeat
   ❑ 2 puffs ❑ 4 puffs - wait another 20 minutes and give ❑ 2 puffs ❑ 4 puffs. This will be 3 doses within one hour. Proceed to step #3

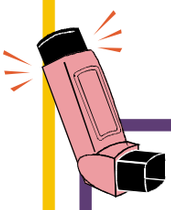
3. If you return to the **GREEN ZONE:**
   - Continue to give the albuterol ❑ 2 puffs or ❑ 4 puffs every 4 hours for 1 to 2 more days
     AND
   - Increase the inhaled steroid to _____ puffs _____ for the next 7 days

IF you remain in the **YELLOW ZONE:**

- Continue albuterol ❑ 2 puffs or ❑ 4 puffs or nebulizer every 4 hrs for 2 more days
- Continue the increase in the inhaled steroid
- ADD Prednisone _____ mg _____
- Call the Doctor at _____ as soon as you have started the _____ or for questions

PEAK FLOW Number:
_____ to _____
(50 - 80% of Best)

PEAK FLOW Number:
_____ to _____
(0 - 50% of Best)



Controller Medications

Take these medicines everyday NO matter What!!!

RED ZONE: (EMERGENCY!)

You may have:

- Chest tightness, struggling to breathe, hunching over, chest pulled or sucked in with each breath
- Having trouble walking and talking
- Must stop activity you are doing and cannot start again
- Lips and nails may be blue

What to do:

Give Albuterol 4 - 6 puffs immediately and go to the nearest emergency room. For **SEVERE** distress or when in doubt **CALL 911!!!!!!**