

# Asthma Action Plan



Name

Date (Month/Day/Year)

Health Care Professional

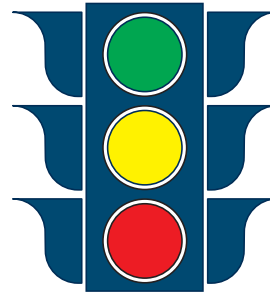
**Phone Numbers:**

Health Care Professional or Clinic

Friend

Taxi

You can use the colors of a traffic light to understand about your asthma medication.



**1 Green means GO**  
Use preventive medicine.

**2 Yellow means Caution**  
Use quick-relief medicine.

**3 Red means Stop**  
Get help from a doctor.

## Green means GO Use Preventive medicine.



- Breathing is good
- No cough or wheeze
- Can work or play

Peak Flow Number

to

Medicine	How Much to Take	When to Take

Before sports, use this medicine: \_\_\_\_\_

## Yellow means Caution Take quick-relief medicine to keep episode from getting worse.



- Cough
- Wheeze
- Tight chest
- Wake up at night

Peak Flow Number

to

Medicine	How Much to Take	When to Take

## RED — STOP\* Get help from a health care professional now!



- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Cannot walk
- Ribs Show
- Cannot talk well

Peak Flow Number

to

Take these medications and contact your health care professional.

Medicine	How Much to Take	When to Take

\*The presence of ANY of these symptoms puts you in a RED ZONE.