

My Action Plan for Asthma

Name _____ Date _____

Please bring this plan and a list of your medicines to each health provider or emergency room visit.

Things I will do each day

- Know my **asthma triggers** (things that make my asthma worse)
- Stay away from my asthma triggers.
- Watch for signs that my asthma is less controlled and take action.
- Take my medicine the way my doctor and I discussed, even when I feel good.
- Go to all of my health appointments.
- Do not smoke and stay away from smoky places.

Your Medicine might include

- **Control medicines** (used each day, even when I feel good) _____
Use spacer if needed. Rinse mouth after use.
- **Quick-relief, fast-acting inhaler or nebulizer** (only use when you have signs of asthma) _____
Use spacer if needed.
- If you have exercise-induced asthma, take medicine as planned **before** exercise _____

I feel normal for me

- My breathing is normal for me.
- I do my normal things.
- My sleeping is normal for me.

- I use my quick relief, fast-acting inhaler or nebulizer as often as normal for me.
- My Peak Flow readings are in my Green Zone.

CAUTION – I need to take action

I FEEL WORSE

- I am breathing worse today.
- I am wheezing or coughing.
- I have chest tightness or shortness of breath.
- I have a runny nose or feel like I have a cold.
- I have a fever (over 100°F) or chills.
- I am using my quick relief, fast-acting inhaler or nebulizer more often.
- I can do some but not all of my normal things due to asthma.
- I am waking at night due to asthma.

ACTION

I will take my quick relief, fast-acting inhaler or nebulizer

If my signs get better (Green Zone) within 1 hour of taking my quick relief, fast-acting inhaler or nebulizer, I will keep taking my same medicines ~ OR ~

If my signs and peak flows do not return to Green Zone after 1 hour of above treatment:

Call my health provider:

Name: _____

Phone: _____

New medicine for me _____

DANGER – I will take action immediately

I FEEL MUCH WORSE

- I feel like I cannot breathe.
- My skin is sucking in around my ribs with each breath.
- My quick relief, fast-acting inhaler or nebulizer does not help.
- My lips or fingernails are blue.
- I cannot do my normal things.
- I have trouble walking or talking due to asthma.
- I have stayed in the yellow zone for over 24 hours.

ACTION – I will CALL 911

I will get help right away.

I **WILL NOT** drive myself or have a friend or family member drive me to the hospital.

Use my quick relief, fast-acting inhaler or nebulizer the way my health provider and I discussed.