

My Action Plan for Asthma

Patient 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 talked, even when I feel good.
- Go to all of my health appointments.
- Stay away from smokey places and not smoke.

Your Medicine might include

- **Control medicines** (used each day, even when I feel good)

Use spacer if needed.
Rinse mouth after use.

- **Quick relief medicines** (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

- I breathe good for me.
- I do my normal things.
- I sleep good for me.
- I use my quick relief medicine(s) as often as normal for me.

ACTION — I will

Keep doing the things I do each day

CAUTION — I Feel Worse



I need to take action if I have any of these

- 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 101°F) or chills.
- I am using my quick relief inhaler, nebulizer or other medicine 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 medicine Then:

If my signs get better (Green Zone) within 1 hour of taking my quick relief medicine, I will keep taking my same medicines

~ OR ~

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

Call my health provider

Phone # _____

New medicine for me

DANGER — I Feel Much Worse



I need to take action if I have any of these

- I feel like I cannot breathe.
- My skin is sucking in around my ribs with each breath.
- My quick relief medicine 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 friend or family drive me to the hospital.

Use my nebulizer or take my quick relief medicine the way my health provider and I talked.