

ASTHMA ACTION PLAN

You can use the colors of a traffic light to help learn about your asthma medicines.

Patient's name: _____

Date plan started: _____ Initial peak flow: _____

Doctor: _____ Phone: _____

Dates attended asthma classes : _____



1. Green means GO
2. Yellow means Caution.
3. Red means Stop

<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">1. GREEN - GO</div> <ul style="list-style-type: none"> Breathing is good No cough or wheeze. Can work and play <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="flex: 1;"> <p>Peak flow _____ to _____ (80% - 100% of personal best)</p> </div> <div style="flex: 1; text-align: center;"> </div> </div>	<p style="text-align: center;">You're on the right track - keep it up!</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center; border-bottom: 1px solid black;"><u>Medicine</u></th> <th style="text-align: center; border-bottom: 1px solid black;"><u>How much to take</u></th> <th style="text-align: center; border-bottom: 1px solid black;"><u>When to take it</u></th> </tr> </thead> <tbody> <tr><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td></tr> <tr><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td></tr> <tr><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td></tr> </tbody> </table> <p>10-20 minutes before sports or other strenuous activity, use this medicine: _____</p>	<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>									
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<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">2. YELLOW - CAUTION</div> <div style="display: flex; justify-content: space-around; align-items: center; margin-bottom: 10px;"> <div style="text-align: center;"> Cough </div> <div style="text-align: center;"> Wheeze </div> <div style="text-align: center;"> Virus </div> </div> <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="flex: 1;"> <p>Peak flow _____ to _____ (50% - 80% of personal best)</p> </div> <div style="flex: 1; text-align: center;"> Wake up at night </div> </div>	<p style="text-align: center;">Use these medicines to keep asthma from getting worse.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center; border-bottom: 1px solid black;"><u>Medicine</u></th> <th style="text-align: center; border-bottom: 1px solid black;"><u>How much to take</u></th> <th style="text-align: center; border-bottom: 1px solid black;"><u>When to take it</u></th> </tr> </thead> <tbody> <tr><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td></tr> <tr><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td></tr> <tr><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td></tr> </tbody> </table>	<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>									
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<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">3. RED - STOP</div> <ul style="list-style-type: none"> Medicine not helping Breathing is hard and fast Nose opens wide Can't talk well Ribs show <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="flex: 1;"> <p>Peak flow _____ to _____ (less than 50% of personal best)</p> </div> <div style="flex: 1; text-align: center;"> </div> </div>	<p style="text-align: center;">Get help from a doctor now! <i>Use these medicines until you talk with your doctor.</i></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center; border-bottom: 1px solid black;"><u>Medicine</u></th> <th style="text-align: center; border-bottom: 1px solid black;"><u>How much to take</u></th> <th style="text-align: center; border-bottom: 1px solid black;"><u>When to take it</u></th> </tr> </thead> <tbody> <tr><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td></tr> <tr><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td></tr> <tr><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td><td style="border-bottom: 1px solid black;"> </td></tr> </tbody> </table> <p style="text-align: center;">If symptoms do not improve and you cannot contact your doctor, go to the emergency room or call 911 immediately.</p>	<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>									
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