

Name: _____
MR #: _____
Provider: _____
Date: _____

ASTHMA ACTION PLAN



Green Zone:

 Lungs are NORMAL. No Cough. No Wheeze. No Chest Tightness.

Personal best peak flow _____

Peak Flow more than _____
($>80\%$)

Take this medicine EVERY DAY to CONTROL asthma:

- QVAR™ 40/80 Flovent® 44/110/220 _____
 Pulmicort® _____, via _____, _____ times a day.
Dose Route Frequency

(Remember to rinse out your mouth!)

If there is cough, wheeze, or chest tightness when exercising take:

- Albuterol (Ventolin®, Proventil®) _____, via _____ 15-30 minutes before
Dose Route exercise or active play.

Other Medication: _____

Yellow Zone:

 Watch Out. Starting to Lose Control


Peak Flow _____ to _____
($>50\%$) ($<80\%$)

Take this medicine to temporarily relieve asthma symptoms:

- Albuterol (Ventolin®, Proventil®) _____, via _____, _____ times a day
Dose Route Frequency
 or every _____ hours.

Increase long-term control medication for _____ weeks.

- QVAR™ 40/80 Flovent® 44/110/220 _____
 Pulmicort® _____, via _____, _____ times a day.
Dose Route Frequency

(Remember to rinse out your mouth!)

Other Medication: _____

Call your doctor or advice nurse if you are more than 2 days in yellow zone!
phone number _____

Red Zone:

 AN ASTHMA FLARE HAS STARTED. TAKE ACTION NOW!


Peak Flow under _____
($<50\%$)

To temporarily relieve asthma symptoms:

- Albuterol (Ventolin®, Proventil®) _____, via _____, _____ times a day
Dose Route Frequency
 or every _____ hours.

To shrink the swelling of the breathing tubes:

- Prednisone _____ mg tablets } _____, take by mouth _____, times a day for _____ days
 Prednisolone _____ mg/5 ml syrup } Dose Frequency

Increase long-term control medication for _____ weeks.

- QVAR™ 40/80 Flovent® 44/110/220 _____
 Pulmicort® _____, via _____, _____ times a day.
Dose Route Frequency

(Remember to rinse out your mouth!)

Other Medication: _____

CALL IMMEDIATELY FOR AN APPOINTMENT! YOU NEED TO BE SEEN TODAY!

Using Symptoms to Determine Zones



Green Zone by Symptoms:



- ✓ No Coughing
- ✓ No Wheezing
- ✓ No Chest Tightness
- ✓ Normal Breathing Rate at Rest:
 - 20-40 breaths per minute for an infant
 - 18-30 breaths per minute for a toddler
 - 16-25 breaths per minute for a school age child



Yellow Zone by Symptoms:



- ✓ Slight Cough
- ✓ Mild Wheeze
- ✓ Mild Chest Congestion
- ✓ Slight Chest Tightness
- ✓ Breathing rate at rest may be a little bit faster than normal



Red Zone by Symptoms:



- ✓ Persistent Cough
- ✓ Persistent Wheeze
- ✓ Waking at Night due to Cough or Wheeze
- ✓ Sucking in Skin between ribs or below chest
- ✓ Fast Breathing:
 - Over 50 breaths per minute for an infant
 - Over 40 breaths per minute for a toddler
 - Over 30 breaths per minute for a school age child.

GET MEDICAL CARE IMMEDIATELY IF:

- ✓ Very Fast or Hard Breathing
- ✓ Sucking in the Stomach or Ribs to Breathe
- ✓ Breathing so Hard You Can't Walk or Speak
- ✓ Lips or Fingers Turn Blue
- ✓ Best effort on Peak Flow is less than _____

