ASTHMA ACTION PLAN

**Green Zone:** Lungs are NORMAL. No Cough. No Wheeze. No Chest Tightness.

Peak Flow more than _____ (>80%)

Take this medicine EVERY DAY to CONTROL asthma:

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

(Complete to rinse out your mouth!)  

If there is cough, wheeze, or chest tightness when exercising take:
- Albuterol (Ventolin®, Proventil®) Dose, via _____ 15-30 minutes before exercise or active play.

Other Medication:

I feel great

**Yellow Zone:** Watch Out. Starting to Lose Control

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

Take this medicine to temporarily relieve asthma symptoms:

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

Increase long-term control medication for _______ weeks.

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

(Complete to rinse out your mouth!)

Other Medication:

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

**Red Zone:** AN ASTHMA FLARE HAS STARTED. TAKE ACTION NOW!

Peak Flow under _____ (<50%)

To temporarily relieve asthma symptoms:

- Albuterol (Ventolin®, Proventil®) Dose, via _____ times a day 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 Frequency

Increase long-term control medication for _______ weeks.

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

(Complete 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 ________