

# Asthma Action Plan

Name: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Doctor's Name: \_\_\_\_\_ Main Emergency Contact: \_\_\_\_\_

Doctor's Phone Number: \_\_\_\_\_ Backup Emergency Contact: \_\_\_\_\_

**Green Zone: No coughing, wheezing, chest tightness, or shortness of breath. Can do usual activities.**



**Every day:** Take these medicines, even if you're not having any symptoms. Avoid triggers that you know make your asthma worse.

Medicine	How much to take	When to take

**Before you exercise:** Take [ ] 2 or [ ] 4 Puffs of \_\_\_\_\_ 5 minutes before you start, as needed.

**Yellow Zone: One or more of these symptoms: coughing, wheezing, chest tightness, breathing trouble, waking up at night due to asthma. Or, if you can only do some, but not all, usual activities.**



Keep taking your Green Zone medicine and avoiding triggers as usual **AND** take this medicine:

Medicine	How much to take and how often		
(Quick-relief)	_____ Puffs Can repeat every ___ minutes, Up to ___ times	<b>OR</b>	[ ] Nebulizer: Use it once

If you return to the Green Zone after 1 hour, keep monitoring to be sure you stay in the Green Zone.

If you do **not** return to the Green Zone after 1 hour take this medicine:

Medicine	How much to take and how often		
(Quick-relief)	_____ Puffs	<b>OR</b>	[ ] Nebulizer: Use it once
<b>AND: (Oral Steroid)</b>	Take _____ mg each day for ___ (3 to 10) days		

Call your doctor (or have someone call) just before you take the oral steroid OR \_\_\_\_\_ minutes/hours after taking the oral steroid, based on the instructions your doctor gave when the medicine was prescribed.

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**Red Zone: EMERGENCY!** Very short of breath, or quick-relief medicines have not helped, or symptoms are the same or worse after 24 hours in the Yellow Zone. Or, if you cannot do any of your usual activities.

**Severe Symptoms  
Emergency**

Take this medicine	How much to take		
(Quick-relief)	_____ Puffs Can repeat every ____ minutes, up to ____ times	<b>OR</b>	[ <input type="checkbox"/> ] Nebulizer: Can repeat every ____ minutes, up to ____ times
(Oral steroid)	Take _____ mg.		

**After you take your medicine, call your doctor right away!**  
**If you're still in the Red Zone after 15 minutes and have not reached your doctor, go to the hospital or call 911!**

**If you have these DANGER SIGNS:** trouble walking or talking due to shortness of breath or your lips or fingernails are blue, pale, or gray, take \_\_\_\_\_ puffs of your quick-relief medicine and **GO to the hospital or call 911 NOW!**

**These DANGER SIGNS mean you need help right away. Don't wait to hear back from your doctor.**  
**GO to the hospital or call 911 NOW!**

**If you use a peak flow meter you can use these scores to determine your current zone:**

Your best score	Your green zone	Your yellow zone	Your red zone
_____	_____ or higher (80% of best score)	_____ to _____ (50 to 80% of best score)	_____ or lower (50% of best score)

# Know Your Asthma Triggers.

Learn how to avoid triggers to control your asthma.

Triggers are things that make your asthma symptoms worse. People with asthma do not all have the same triggers. Avoiding your triggers is one step you can take to help keep your asthma under control. Work with your healthcare provider to check whether any of these things make your asthma worse, then take the related steps below. Check CDC's webpage for other steps you can take: [www.cdc.gov/asthma](http://www.cdc.gov/asthma)

## Outdoor Triggers

### Weather Air Quality Pollen



- Pay attention to radio, television, the internet, or newspaper reports about things that might trigger your asthma. These might include reports about weather, air quality, pollen count, or wildfire conditions.
- Plan outdoor activities for when the air quality is best.
- If pollen triggers your asthma, close windows and turn on air conditioning (if possible) when pollen levels are high.
- When there are wildfires, stay away from areas where there is smoke or vapors. Stay indoors, if possible, to avoid smoke or vapors.
- When it is cold, wear a scarf or face mask that covers your nose and mouth to keep airflow as warm as possible.

## Indoor Triggers

If you are allergic to dust mites, cockroaches, rodents, indoor mold, or pets, use an air purifier with a high-energy particulate air (HEPA) filter, and use HEPA filters for vacuum cleaners. Keep your home as clean as possible. If you can, ask someone else to clean your home regularly, or wear a dust mask while you clean.

### Pets



If you are allergic to your pet, the best way to avoid exposure is to remove the pet from your home and have the house cleaned. If you can't remove the pet:

- Keep the pet out of your bedroom.
- Ask a family member to wash your pet regularly.
- Use allergen-proof pillow and mattress covers.
- Use an air cleaner with HEPA filter.

Note: Pet fur, skin, and saliva trigger some people's asthma.

### Dust mites

(tiny bugs that live in dust and fabric)



- Keep relative humidity levels in your home low, around 30%–50%.
- Wash your bedding every week and dry completely.
- Use allergen-proof pillow and mattress covers.

# Know Your Asthma Triggers.

## Indoor Triggers

### Cockroaches

### Mice

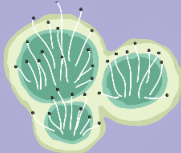
### Rats



- Keep your kitchen clean and store food and garbage in closed containers.
- Don't leave out any standing water or other liquids.
- Seal cracks or openings in cabinets, walls, floorboards, and around plumbing.
- Use traps or poison bait to get rid of roaches, mice, or rats. Keep bait away and out of reach of children and pets. Avoid sprays and foggers.

### Mold

### Humidity



- Fix water leaks as soon as possible and dry damp or wet items within 48 hours.
- Remove all moldy items from your home.
- Use an air conditioner or dehumidifier to keep the air dry in your home. Keep relative humidity levels in your home low, around 30%–50%.
- Empty and clean refrigerator and air conditioner drip pans regularly.
- Use bathroom exhaust fans or open windows when you shower.

### Smoke

### Sprays

### Scents

### Disinfectants



- Avoid places where people smoke. If you smoke, ask your healthcare provider how to quit.
- Don't use a wood-burning stove, kerosene heater, or fireplace.
- Avoid perfume, paint, hairspray, and talcum powder.
- Try to stay away when cleaners or disinfectants are being used and right after their use.
- Increase air flow by opening doors and windows and turning on exhaust fans.

## Other Common Triggers

### Illness



- Contact your healthcare provider if you think you have another health problem that is making it harder for you to breathe. Such problems might include the flu, a cold, acid reflux (heartburn), a sinus infection, severe allergies, or another health concern.

### Emotions



- Talk to your healthcare provider if anxiety, stress, or other emotions make your asthma worse.

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