

My Treatment Plan—How Do I Take Action?

Develop an Asthma Action Plan with your doctor. An Asthma Action Plan can help you manage your asthma symptoms. It is based on your symptoms and peak flow numbers, which you use to find your “zone.” Your doctor will write the medicine to take in each zone.

Name: _____
 Date: ____ / ____ / ____
 Doctor/Phone: _____
 My best peak flow reading when I am feeling fine: _____
 Emergency: Call 911

GREEN-GO

- No cough or wheeze
- Can work and play

Breathing is good.

Peak flow above: _____

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT

YELLOW-CAUTION

- Cough or wheeze
- Tight chest
- Waking up at night

You are having a flare-up.

Peak flow between: _____ and _____

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT

RED-DANGER

- Quick-relief (rescue) medicine isn't helping
- Breathing hard and fast
- Can't walk or talk well

You are having a serious flare-up.

Peak flow reading below: _____ **GET MEDICAL HELP NOW!**

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT