

# Asthma Action Plan

Good asthma control reduces the risk of exacerbations and long-term pulmonary damage.

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

Clinic telephone #: (        ) \_\_\_\_\_ - \_\_\_\_\_




Provider: \_\_\_\_\_

After hours telephone #: (        ) \_\_\_\_\_ - \_\_\_\_\_

**Asthma Triggers:**

- Cigarette Smoke
- Colds/flu
- Dust mites
- Exercise

- Mold
- Pets, animal dander
- Pollen, plants
- Strong odors
- Weather change

| <p><b>GREEN:</b><br/><i>You're Doing Well!</i></p>  <p><b>You have ALL of these:</b></p> <ul style="list-style-type: none"> <li>• Clear breathing</li> <li>• No cough or wheeze</li> <li>• Sleep through the night</li> <li>• Can work and play</li> </ul>   | <p><b>Use these daily controller medicines:</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; border-bottom: 1px solid black;"><u>Medicine</u></th> <th style="text-align: left; border-bottom: 1px solid black;"><u>How much</u></th> <th style="text-align: left; border-bottom: 1px solid black;"><u>How often/when</u></th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table> <p>If exercise triggers your asthma, take this medicine _____ 15 minutes before exercise.</p>   | <u>Medicine</u>  | <u>How much</u> | <u>How often/when</u> |           |         |  |  |  |  |  |  |  |
|---|--|--|-----------------|-----------------------|-----------|---------|--|--|--|--|--|--|--|
| <u>Medicine</u>   | <u>How much</u>  | <u>How often/when</u>  |                 |                       |           |         |  |  |  |  |  |  |  |
|   |  |  |                 |                       |           |         |  |  |  |  |  |  |  |
|   |  |  |                 |                       |           |         |  |  |  |  |  |  |  |
|   |  |  |                 |                       |           |         |  |  |  |  |  |  |  |
| <p><b>YELLOW:</b><br/><i>Caution</i></p>  <p><i>Coughing    Wheezing    Tight Chest    Waking up at night</i></p> <p><b>You have ANY of these:</b></p> <ul style="list-style-type: none"> <li>• First signs of a cold</li> <li>• Exposure to trigger</li> <li>• Cough</li> <li>• Mild wheeze</li> <li>• Tight chest</li> <li>• Coughing, wheezing, or trouble breathing at night</li> </ul>   | <p><b>Continue controller medicines; add quick-relief medicine:</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; border-bottom: 1px solid black;"><u>Medicine</u></th> <th style="text-align: left; border-bottom: 1px solid black;"><u>How much</u></th> <th style="text-align: left; border-bottom: 1px solid black;"><u>How often/when</u></th> </tr> </thead> <tbody> <tr> <td style="border-bottom: 1px solid black;">Albuterol</td> <td style="border-bottom: 1px solid black;">2 puffs</td> <td style="border-bottom: 1px solid black;">Every 20 minutes for up to 1 hour if needed, then every 4 hrs as needed.</td> </tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table> <p><b>If your medicine is not helping your breathing, call us at:</b> _____</p>  | <u>Medicine</u>  | <u>How much</u> | <u>How often/when</u> | Albuterol | 2 puffs | Every 20 minutes for up to 1 hour if needed, then every 4 hrs as needed. |  |  |  |  |  |  |
| <u>Medicine</u>   | <u>How much</u>  | <u>How often/when</u>  |                 |                       |           |         |  |  |  |  |  |  |  |
| Albuterol   | 2 puffs  | Every 20 minutes for up to 1 hour if needed, then every 4 hrs as needed. |                 |                       |           |         |  |  |  |  |  |  |  |
|   |  |  |                 |                       |           |         |  |  |  |  |  |  |  |
|   |  |  |                 |                       |           |         |  |  |  |  |  |  |  |
| <p><b>RED:</b><br/><i>Danger; Get help!</i></p> <p><b>Your asthma is getting worse fast:</b></p> <ul style="list-style-type: none"> <li>• Medicine is not helping</li> <li>• Breathing is hard and fast</li> <li>• Nose opens wide</li> <li>• Ribs show</li> <li>• Can't talk well</li> </ul>  <p><b>DANGER SIGNS:</b></p> <ul style="list-style-type: none"> <li>• Lips or fingernails are blue</li> <li>• Person is confused</li> <li>• Difficulty walking and talking due to shortness of breath</li> </ul> <p style="text-align: center;"><b>CALL 911!</b></p> | <p><b>Continue controller medicines; add quick-relief medicine:</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; border-bottom: 1px solid black;"><u>Medicine</u></th> <th style="text-align: left; border-bottom: 1px solid black;"><u>How much</u></th> <th style="text-align: left; border-bottom: 1px solid black;"><u>How often/when</u></th> </tr> </thead> <tbody> <tr> <td style="border-bottom: 1px solid black;">Albuterol</td> <td style="border-bottom: 1px solid black;">4 puffs</td> <td style="border-bottom: 1px solid black;">Once; repeat in 20 minutes if needed.</td> </tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table> <p><b>Get help from your doctor or nurse now!</b> If you cannot contact your doctor or nurse, go directly to the emergency room. <b>DO NOT WAIT.</b> Call your doctor or nurse afterward.</p> | <u>Medicine</u>  | <u>How much</u> | <u>How often/when</u> | Albuterol | 4 puffs | Once; repeat in 20 minutes if needed.                                    |  |  |  |  |  |  |
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| Albuterol   | 4 puffs  | Once; repeat in 20 minutes if needed.                                    |                 |                       |           |         |  |  |  |  |  |  |  |
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