

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

Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

Phone # for doctor or clinic: \_\_\_\_\_

Phone # for taxi or friend: \_\_\_\_\_

## Asthma Action Plan

You can use the colors of a traffic light to help learn about your asthma medicines

1. **Green** means **Go**. Asthma in good control. Use controller medicine.
2. **Yellow** means **Caution**. Use both reliever medicine and controller medicine.
3. **Red** means **Stop**. Get help from a doctor. Call 911.

### 1. Green – Go

- Breathing is good
- No coughing or wheezing
- Can work and play



Peak Flow Range  
\_\_\_\_\_ to \_\_\_\_\_

Asthma in good control. Use controller medicine.

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____

15-20 minutes before exercise, use this medicine:

*albuterol                      2 puffs                      (if needed)*

### 2. Yellow – Caution

- Coughing
- Wheezing
- Tight Chest
- Waking up at night



Peak Flow Range  
\_\_\_\_\_ to \_\_\_\_\_

Use controller medicine. Take reliever medicine to keep an asthma attack from getting bad.

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____

*albuterol                      2-4 puffs                      up to every 4 hours*

*If still in YELLOW after 24 hours, call doctor for appointment.*

### 3. Red – Stop – Danger

- Medicine is not helping
- Breathing is hard and fast
- Nostrils open wide
- Can't walk
- Ribs show
- Can't talk well



Peak Flow Range  
\_\_\_\_\_ to \_\_\_\_\_

Get help from a doctor now! Call 911

Take these medicines until you talk with the doctor.

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____

*albuterol                      4-8 puffs                      every 20 minutes 3 doses*

*If worse or no improvement contact doctor and proceed to the emergency room.*

*Talk to your doctor about having a supply of prednisone or prednisolone available for RED ZONE.*

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Consulting Physician

This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. Provided as an educational service by Schering-Plough Mangate Markets.

Source: 2017 GINA Report, Global Strategy for Asthma Management and Prevention