

## Asthma Action Plan

(for adults, teens and children age 5 and over)

**NOTE: This asthma action plan may need to be renewed and updated every 6 mos.**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Best peak flow: \_\_\_\_\_

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### Green Zone: Healthy Zone

Peak Flow Between  $\frac{\text{_____}}{80\% \text{ of best}}$  and  $\frac{\text{_____}}{\text{Best PFR}}$

- Albuterol (or substitute) inhaler to be taken as needed.
  - o 2 – 4 puffs every 2-4 hours as needed for asthma symptoms
  - o 2 – 4 puffs 5 - 15 minutes before exercise (if needed)
  
- Inhaled medicine to be taken every day:
  - Long-acting bronchodilator \_\_\_\_\_: \_\_\_\_\_ puffs \_\_\_\_\_ time(s) a day.
  - Inhaled steroid \_\_\_\_\_: \_\_\_\_\_ puffs \_\_\_\_\_ time(s) a day. Rinse mouth.
  - Combined long-acting bronchodilator/inhaled steroid \_\_\_\_\_: \_\_\_\_\_ puffs \_\_\_\_\_ time(s) a day. Rinse mouth.
- Oral medicine to be taken every day: \_\_\_\_\_, \_\_\_\_\_ mg/tab, \_\_\_\_\_ tab(s) \_\_\_\_\_ time(s) a day.
- Other: \_\_\_\_\_

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### Yellow Zone: Caution Zone

Peak Flow Between  $\frac{\text{_____}}{50\% \text{ of best}}$  and  $\frac{\text{_____}}{80\% \text{ of Best PFR}}$  \*  Or, for any “head cold”

- Eliminate triggers if possible; no strenuous exercise.
- Additional medicine:
  - Albuterol (or substitute) inhaler: 3-4 puffs every 2-4 hours as needed
  
- Or, (for lower end of Yellow Zone):**
  - Albuterol (or Xopenex) by nebulizer: \_\_\_\_\_ ampule (or \_\_\_\_\_ cc with \_\_\_\_\_ cc saline) every 2 - 4 hrs as needed
  
  - If unable to get out of Yellow Zone:
    - o \*start/increase: \_\_\_\_\_: \_\_\_\_\_ puffs \_\_\_\_\_ times a day for \_\_\_\_\_ days or until back in to the Green Zone
  
- Or,**
  - o start oral steroid (prednisone, prednisolone, Prelone, Orapred): \_\_\_\_\_ mg (= \_\_\_\_\_ tab(s), or \_\_\_\_\_ tsp) 2x/day for \_\_\_\_\_ days. Call or be seen by MD/NP same or next day.
- If you need albuterol more than 6 times in 24 hours, or if just overall worsening, call/see MD/NP (primary care doctor or AAMGRC 858 292-1144) as soon as possible.
- If your child continues to have Yellow Zone symptoms for more than 3-4 days, call or see your MD/NP

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### Red Zone: Danger Zone

Peak Flow Less Than  $\frac{\text{_____}}{50\% \text{ of Best PFR}}$  (acute distress)

- Medicine to be taken immediately:
  - Albuterol (or substitute) inhaler: \_\_\_\_\_ puffs every 20 – 30 minutes
  
- Or,**
  - Albuterol (or Xopenex) by nebulizer: \_\_\_\_\_ ampule (or \_\_\_\_\_ cc with \_\_\_\_\_ cc saline) every 20 – 30 minutes
- Start oral steroid (prednisone, prednisolone, Prelone, Orapred): \_\_\_\_\_ mg (= \_\_\_\_\_ tab(s), or \_\_\_\_\_ tsp) 2x/day for \_\_\_\_\_ days. Call or be seen by MD/NP same day.

If in severe distress, if struggling to breathe, if lips and/or fingernails are blue, call 911 or report directly to the nearest Emergency Department.

## **Asthma Action Plan**

(for adults, teens and children age 5 and over)

*NOTE: This asthma action plan may need to be renewed and updated every 6 mos.*

### **How To Control Your Asthma**

A. Follow your Green Zone plan every day to keep asthma symptoms from starting.

1. Symptoms of Green Zone:

- (a) No symptoms of asthma (no wheeze, cough, chest tightness, shortness of breath).
- (b) You are able to do your usual activities and sleep without having symptoms.

2. Recognize early asthma symptoms. Act quickly to stop them.

3. Periodically check peak flow reading when doing well with your asthma, especially in growing children, to determine a new Personal Best (100%) value.

B. Follow the Yellow Zone plan to stop asthma symptoms and to help keep an asthma episode from getting worse.

1. Symptoms of the Yellow Zone: (may be mild or moderate)

- (a) Symptoms may include: coughing, wheezing, feeling short of breath, feeling like your breathing is “tight.”
- (b) Mild symptoms are noticeable but do not interfere with activities.
- (c) Moderate symptoms may keep you from doing your usual activities or keep you from sleeping comfortably.

2. Acting quickly and correctly when in the Yellow Zone should help to keep you from going into the Red Zone.

C. Follow the Red Zone plan to take care of a serious episode.

1. Symptoms of Red Zone:

- (a) Symptoms may include: severe coughing, wheezing, extreme shortness of breath, moderate or severe retractions (“ribs showing” or “pulling in” the chest muscles), difficulty walking, and/or difficulty talking.
- (b) Sometimes if your asthma is very severe, you may not even wheeze because air is not moving in and out of your airways.
- (c) Fingertips and fingernails may be dusky or bluish due to low blood oxygen.

2. Being in the Red Zone requires immediate action or emergency attention to get out of the Red Zone.

- Whenever possible, stay away from things that bring on your asthma symptoms.
- See your medical caregiver regularly (e.g. 2-4 months), depending on the amount of your asthma symptoms, to evaluate and monitor your asthma management plan.



## Asthma Action Plan

(for children under age 5)

*NOTE: This action plan may be used for 6 months, and then needs to be revised*

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

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

### Green Zone: Healthy Zone

**Symptoms:** Normal activity

- No wheeze or cough
- Able to sleep without having problems
- Plays and runs without cough or wheeze
- Normal breathing pattern

**Medications to be taken every day**

- Name \_\_\_\_\_ How Much \_\_\_\_\_ When \_\_\_\_\_

**Albuterol (or Xopenex) as needed:**

- Inhaler: 2 – 4 puffs every 3 – 4 hrs as needed
- Or,
- Nebulizer: \_\_\_\_\_ ampule (or \_\_\_\_\_ cc with \_\_\_\_\_ cc saline) every 3 - 4 hrs as needed

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### Yellow Zone: Caution Zone\*

\*  **Or, for any "head cold"**

**Symptoms**

- Some cough or wheeze
- Waking at night with cough or wheeze
- Increased breathing rate
- Symptoms interfere with normal activity

**Additional medicine to be taken:**

- Albuterol (or substitute) inhaler: 2-4 puffs every 2-4 hours as needed

Or,

- Albuterol (or Xopenex) by nebulizer: \_\_\_\_\_ ampule (or \_\_\_\_\_ cc with \_\_\_\_\_ cc saline) every 2 - 4 hrs as needed

- If unable to get out of Yellow Zone do the following with your inhaled steroid:

- \*start/increase: \_\_\_\_\_ : \_\_\_\_\_ puffs \_\_\_\_\_ times a day for \_\_\_\_\_ days, or until back in the Green Zone
- \*start/increase: \_\_\_\_\_ : \_\_\_\_\_ ampule \_\_\_\_\_ times a day for \_\_\_\_\_ days, or until back in the Green Zone

Or,

- start oral steroid (prednisone, prednisolone, Prelone, Orapred): \_\_\_\_\_ mg (= \_\_\_\_\_ tab(s), or \_\_\_\_\_ tsp) 2x/day for \_\_\_\_\_ days. Call or be seen by MD/NP same or next day.

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If your child continues to have Yellow Zone symptoms for more than 3-4 days, call or see your MD/NP

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### Red Zone: Danger Zone

**Symptoms**

- Wheezing while breathing in and out
- Very short of breath
- Difficulty talking
- Moderate or severe retractions (i.e. ribs showing)
- Lots of coughing
- Rapid breathing rate
- Quiet does not want to talk

**Medicine to be taken immediately:**

- Albuterol (or substitute) inhaler: \_\_\_\_\_ puffs every 20 – 30 minutes

Or,

- Albuterol (or Xopenex) by nebulizer: \_\_\_\_\_ ampule (or \_\_\_\_\_ cc with \_\_\_\_\_ cc saline) every 20 – 30 minutes

**Start oral steroid** (prednisone, prednisolone, Prelone, Orapred): \_\_\_\_\_ mg (= \_\_\_\_\_ tab(s), or \_\_\_\_\_ tsp) 2x/day for \_\_\_\_\_ days. Call or be seen by MD/NP same day.

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