



800.878.4403
www.aanma.org

ASTHMA ACTION PLAN

Doing Well

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

Target Peak Expiratory Flow Rate (PEFR) should be between _____ and _____

At first sign of symptoms or 5-15 minutes before exercise: Take: _____ 2 or 4 puffs

Symptoms Present

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

-Or-
PEFR: _____ to _____

Medical Alert!

- Very short of breath, or
- YELLOW ZONE medications have not helped, or
- Trouble walking and talking
- Lips or fingernails turn blue or discolored due to lack of oxygen
- Symptoms are same or get worse

-Or-
PEFR: less than _____

If prescribed, use a daily inhaled corticosteroid or other medication to prevent airway inflammation:

Medication _____

How much to take _____

When to take it _____

Take: _____ 2 or 4 puffs

1 **Use albuterol or levalbuterol—and keep taking your GREEN ZONE medication.**
_____ 2 or 4 puffs, every 20 minutes for up to 1 hour

2 **If your symptoms or PEFR return to GREEN ZONE after 1 hour:**
 Continue monitoring to be sure you stay in the green zone.

-Or-
If your symptoms or PEFR do not return to GREEN ZONE after 1 hour:
 Take: _____ 2 or 4 puffs or nebulizer
 Add: _____ mg per day for _____ (3–10) days
 Call the doctor before/ within _____ (oral corticosteroid) hours after taking the oral steroid.

Take this medication:

_____ 2 or 6 puffs or nebulizer

_____ mg (oral corticosteroid)

Call your doctor NOW. Go to the hospital or call an ambulance if:

- You are still in the red zone after 15 minutes AND
- You have not reached your doctor.

Exercise

- Prevent or reduce allergic reactions through allergen avoidance, medication or immunotherapy.
- Pre-medicate before exercise.
- Warm up and cool down 10 minutes pre and post exercise.
- Tailor exercise intensity until symptom-free.

No physical activity until in yellow or green zone.