



# Asthma Action Plan

- Personal best peak flow: \_\_\_\_\_
- **Always use a spacer with your MDI inhaler.**
- **After taking inhaled medicine, rinse your mouth.**

## Green Zone: Healthy Take these control medicines every day (prevention)

Your child is well and has **all** of these:

- Breathing is easy
  - No cough or wheeze
  - Can play
  - Can sleep all night
- Peak flow \_\_\_\_ to \_\_\_\_  
(More than 80% of personal best)

- No control medicines are needed at this time
- Advair dose: \_\_\_\_\_ mcg
  - \_\_\_\_ puffs MDI \_\_\_\_ times each day
  - 1 inhalation \_\_\_\_ times each day
- Asmanex Twisthaler dose: \_\_\_\_\_ mcg \_\_\_\_ inhalations each day
- Flovent dose: \_\_\_\_\_ mcg \_\_\_\_ puffs MDI \_\_\_\_ times each day
- Flovent Diskus dose: 50 mcg 1 inhalation \_\_\_\_ times each day
- Pulmicort Flexhaler dose: \_\_\_\_\_ mcg \_\_\_\_ inhalations \_\_\_\_ times each day
- Pulmicort Respules dose: \_\_\_\_\_ mg \_\_\_\_ nebulized \_\_\_\_ times each day
- Singulair dose: \_\_\_\_\_ mg 1 tablet each day
- Symbicort dose: \_\_\_\_\_ mcg \_\_\_\_ puffs MDI \_\_\_\_ times each day
- Other: \_\_\_\_\_

If exercise triggers your asthma, take this medicine \_\_\_\_\_ ,  
\_\_\_\_ minutes before exercise

## Yellow Zone: Caution Continue control medicines and add rescue medicines

Your child is not well:

- Coughing and wheezing
  - Runny nose, getting a cold
  - Breathing harder or faster
  - Coughing wakes up child
  - Playing less than usual
- Peak flow \_\_\_\_ to \_\_\_\_  
(50% 79% of personal best)

- Albuterol dose: \_\_\_\_\_ mg \_\_\_\_ nebulized every \_\_\_\_\_ as needed
- Albuterol dose: \_\_\_\_\_ mcg \_\_\_\_ puffs MDI every \_\_\_\_\_ as needed
- Xopenex dose: 45mcg \_\_\_\_ puffs MDI every \_\_\_\_\_ as needed
- Xopenex dose: \_\_\_\_\_ mg \_\_\_\_ nebulized every \_\_\_\_\_ as needed
- Other: \_\_\_\_\_

**Call the doctor if your child has these signs often, you use rescue medicines more than two times a week, or the rescue medicines don't work.**

## Red Zone: Emergency Call 911 if your child is not alert or lips/nails are grey or blue

Your child feels awful:

- Cough, wheeze, and breathing getting worse
  - Medicine is not helping
  - Trouble walking, talking, eating, and playing
  - Tired or no energy to move
  - Less alert than normal
- Peak flow \_\_\_\_ to \_\_\_\_  
(Less than 50% of personal best)

- Take your child to the hospital or call 911 right away.
- Give these medicines while going to the hospital or until that help arrives.
- Give these medicines and call Dr. \_\_\_\_\_ at \_\_\_\_\_
  - Albuterol dose: \_\_\_\_\_ mg \_\_\_\_ nebulized every \_\_\_\_ minutes
  - Albuterol dose: \_\_\_\_\_ mcg \_\_\_\_ puffs MDI every \_\_\_\_ minutes
  - Xopenex dose: 45mcg \_\_\_\_ puffs MDI every \_\_\_\_ minutes
  - Xopenex dose: \_\_\_\_\_ mg \_\_\_\_ nebulized every \_\_\_\_ minutes
- Other: \_\_\_\_\_

I understand when and how to give controller and reliever medicines, triggers, and have a copy of this action plan.

Name:

Relationship:

Signature:

Date:

Evaluation of understanding complete for triggers and when and how to use meds

Patient and family refused a copy of the Asthma Action Plan