



Asthma Symptom Action Plan

This Asthma Symptom Action Plan will help you manage your/your child’s Asthma. This Plan gives you directions that you can follow when you/your child are feeling good, when you/your child start to have asthma symptoms, and when your/your child symptoms worsen. Think of your asthma symptoms like a stoplight. **Green** means “Go!”, when you are feeling good. **Yellow** means “**Slow down!** Think about how you are feeling and take action.” **Red** means “**Stop! Danger!**”.

Please fill in your medicines and bring this Symptom Action Plan to your next doctor visit. If you have any questions about this plan, please call the phone number on the front. The Symptom Action Plan does not replace the Asthma Action Plan or instructions that are completed by your doctor!

Asthma Symptom Action Plan for

Doctor’s Name: _____

Doctor’s Phone: _____ Emergency Phone: _____

Daily Asthma Medicines

Medicine

How Much to Take

When to Take It

My Personal Best Peak Flow Result is _____

Green Zone: No Signs or Symptoms

Signs or Symptoms:

- Your breathing is good.
- You do not have any early warning signs or asthma symptoms.
- Peak Flow above 80% of personal best.
(80%=personal best x .8)

What to Do:

- Take all of your medicines every day, as your doctor recommends.
- Take your inhaler before exercise, as your doctor recommends.

Yellow Zone: Early Warning Signs for Children and Adults

Signs or Symptoms:

- Feel more tired
- Chin or throat itches
- Dark circles under eyes
- Coughing
- Peak Flow 60%-80% of personal best
(60%=personal best x .6)
(80%=personal best x .8)

What to Do:

- Check your peak flow at least two times a day.
 - Stay away from things and places that make your asthma worse.
 - Take your quick-relief medicine by inhaler or nebulizer:
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Yellow Zone: Early Warning Signs for Babies

Signs or Symptoms for Babies:

- Fussy
- Runny or stuffy nose
- Wants to eat less
- Restlessness
- Dark circles under eyes

What to Do:

- Give quick-relief medication by inhaler or nebulizer:
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Yellow Zone: CAUTION! Worsening Asthma Symptoms for Children and Adults

Signs or Symptoms:

- Cough, more at night
- Wheezing
- Chest feels tight or hurts
- Breathing faster than normal
- Get out of breath easily
- Peak Flow: 60-80% of personal best

What to Do:

- Take your quick-relief medicine by inhaler or nebulizer:
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- If you still have symptoms or your peak flow is not back to normal, take your quick relief medicine again, as recommended by your doctor.
 - Call your Doctor and ask about taking more or other medicines. Many doctors recommend steroid pill or syrup.

Yellow Zone: CAUTION! Worsening Asthma Symptoms for Babies

Signs or Symptoms for Babies:

- Cough, more at night, or day
- Breathing is noisy
- Breathing faster than normal
- Will not eat because of difficulty breathing

What to Do:

- Give your baby/child the quick-relief medicine as ordered by your doctor. If your child's breathing does not improve within 15 minutes, call your doctor immediately.

Red Zone: DANGER! BAD Asthma Symptoms for Children and Adults

Signs or Symptoms:

- Trouble talking, walking or thinking
- Shoulders go up
- Neck and ribs move in when breathing
- Grey or blue skin color, starting around the mouth
- Peak Flow below 60% of personal best
(60%=personal best x .6)

What to Do:

- Take your quick-relief medicine by inhaler or nebulizer **NOW!**
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- Call your doctor or 911 **NOW**. Ask about taking steroid pills or syrup and how often to take quick relief medicine.

Red Zone: DANGER! BAD Asthma Symptoms for Babies

Signs or Symptoms for Babies:

- Wants to sit instead of lie down
- Breathing is noisy even at rest
- Neck and ribs move in with breathing
- Grey or blue skin color, starting around mouth
- Very fussy

What to Do:

- Give your child their quick-relief medicine as ordered by your doctor **NOW**.
- Call your doctor or 911 **NOW**.