Lemon-AID
Medical Management

ASTHMA ACTION PLAN

This plan tells you which medicines to take daily, what to do when your asthma worsens, and when to get emergency help. Keep a copy at home, and give a copy to your school, workplace, or anyone who cares for you.

Name of Patient (Printed) _____

Date of Birth _____

Provider _____

Office Phone _____

After-Hours / Emergency Department Phone _____

Date This Plan Was Set _____

My best peak flow (personal best) _____

Peak flow meter used? _____ Yes _____ No

GREEN ZONE — DOING WELL. TAKE MY DAILY MEDICINES.

I am in the green zone when:

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- I can do my usual activities
- Peak flow is more than _____ (80 percent or more of my personal best)

TAKE THESE MEDICINES EVERY DAY:

Medicine	How Much to Take	When to Take It

BEFORE EXERCISE: take _____ , _____ 2 puffs or _____ 4 puffs, 5 minutes before exercise.

YELLOW ZONE — MY ASTHMA IS GETTING WORSE. ADD QUICK-RELIEF MEDICINE.

I am in the yellow zone when:

- Cough, wheeze, chest tightness, or shortness of breath

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- Waking at night because of asthma
- I can do some, but not all, of my usual activities
- Peak flow is _____ to _____ (50 to 79 percent of my personal best)

FIRST — keep taking your green zone medicines, and add:

Quick-relief medicine: _____ , _____ puffs, or _____ nebulizer once.

May repeat every _____ minutes, up to a maximum of _____ doses.

THEN, AFTER 1 HOUR:

If my symptoms (and peak flow, if I use one) return to the green zone — continue monitoring to be sure I stay there, and call the office to let us know this happened.

If my symptoms (and peak flow, if I use one) do NOT return to the green zone:

- Take _____ , _____ puffs, or _____ nebulizer
- Add _____ (oral steroid), _____ mg per day, for _____ days
- Call the office _____ before starting the steroid, or _____ within _____ hours after starting it

RED ZONE — MEDICAL ALERT. GET HELP NOW.

I am in the red zone when:

- Very short of breath
- Quick-relief medicines have not helped
- I cannot do my usual activities
- Symptoms are the same or worse after 24 hours in the yellow zone
- Peak flow is less than _____ (below 50 percent of my personal best)

TAKE THIS MEDICINE NOW:

- _____ (quick-relief medicine), _____ puffs, or _____ nebulizer
- _____ (oral steroid), _____ mg

THEN CALL YOUR PROVIDER 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 provider.

DANGER SIGNS — CALL 911 IMMEDIATELY: trouble walking or talking because of shortness of breath, or lips or fingernails turning blue or gray. Take _____ puffs of your quick-relief medicine and go to the hospital or call an ambulance NOW.

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CONTROLLING WHAT MAKES YOUR ASTHMA WORSE

Put a check next to the triggers you know make your asthma worse, and ask your provider to help you find out whether you have others. Controlling a trigger usually takes several of these steps together rather than any single one.

ALLERGENS

_____ DUST MITES. Too small to see, and found in every home — in mattresses, pillows, carpets, cloth furniture, bedding, clothes, and stuffed toys.

- Use mattress and pillow covers designed to keep dust mites out, along with a vacuum that has a HEPA filter
- Wash bedding weekly in hot water
- Keep indoor humidity below 60 percent with a dehumidifier or central air conditioning

_____ ANIMAL DANDER. Some people react to flakes of skin or dried saliva from animals with fur or hair.

- Consider keeping the pet outdoors, or at least out of the bedroom
- Keep the pet out of commonly used rooms and off upholstered furniture

_____ COCKROACHES AND RODENTS. Their droppings can trigger asthma.

- Keep food and garbage in closed containers
- Use baits, powders, gels, pastes, or traps rather than sprays where possible
- If a spray is used, stay out of the room until the odor is gone

_____ INDOOR MOLD.

- Consider professional removal for anything more than a small area
- Wear gloves if you clean it yourself, and ventilate the room
- Fix the leak or damp source, or the mold comes back

_____ POLLEN AND OUTDOOR MOLD.

- Keep windows closed when counts are high
- Stay indoors from late morning through afternoon, when counts peak
- Change clothes when you come inside and put them in a covered hamper
- Ask your provider whether to start or increase your controller medicine before allergy season

IRRITANTS

_____ TOBACCO SMOKE.

- If you smoke, ask us for help quitting — it is the single most effective thing you can do for your asthma
- Ask family members to quit, and do not allow smoking in your home or car

_____ SMOKE, STRONG ODORS, AND SPRAYS.

- Avoid wood-burning stoves, kerosene heaters, and fireplaces where you can, and vent gas stoves outside

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- Stay away from perfume, talcum powder, hair spray, and paint

_____ VACUUMING.

- Have someone else vacuum if possible, and stay out of the room while it is being done and for a while after
- If you vacuum yourself, use a vacuum with a HEPA filter

_____ OTHER TRIGGERS.

- Sulfites in food and drink — beer, wine, dried fruit, processed potatoes, and shrimp
- Cold air — cover your nose and mouth with a scarf on cold or windy days
- Other medicines — tell us about everything you take, including cold medicines, aspirin, supplements, and beta-blockers, including those in eye drops
- Colds, flu, and other respiratory infections — get your yearly flu vaccine
- Exercise — this is manageable, not a reason to avoid activity. Ask about pre-treatment.
- Heartburn and reflux, which can worsen asthma at night

ADAPTED FROM: the Asthma Action Plan published by the National Heart, Lung, and Blood Institute, National Institutes of Health, U.S. Department of Health and Human Services (NIH Publication No. 20-HL-5251). NHLBI materials are in the public domain. Additional resources are available at nhlbi.nih.gov/BreatheBetter.

Reviewed with patient by: _____ Date: _____ / _____ / _____

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