

My Asthma Action Plan



GREEN ZONE: GO	YELLOW ZONE: CAUTION	RED ZONE: DANGER
<p>You have ALL of these:</p> <ul style="list-style-type: none"> Breathing is good No cough or wheeze Sleeping through the night Can work or play 	<p>You have ANY of these:</p> <ul style="list-style-type: none"> First signs of a cold Cough or wheeze Chest tightness Shortness of breath with play or sleep Waking at night due to cough or trouble breathing 	<p>Your asthma is getting worse quickly:</p> <ul style="list-style-type: none"> Rescue inhaler is not helping within 15–20 minutes Breathing is hard and fast Ribs show with each breath Can't sleep or play because of cough or wheeze
<p>Use these medications EVERY DAY to prevent asthma attacks.</p>	<p>Keep taking Green Zone (Every Day) medications.</p>	<p>Take these medications NOW and CALL YOUR DOCTOR!</p>
<p>Medication:</p> <hr/> <p>How Much: When to Take:</p> <hr/> <p>Medication:</p> <hr/> <p>How Much: When to Take:</p> <hr/> <p>If needed before exercise:</p> <p>Medication:</p> <hr/> <p>How Much: When to Take: 5–20 minutes before exercise</p> <hr/>	<p>Add/change the following medications:</p> <p>Medication:</p> <hr/> <p>How Much: When to Take:</p> <hr/> <p>Medication:</p> <hr/> <p>How Much: When to Take:</p> <hr/> <p><i>Continue Yellow Zone medications for 5–10 days or until your symptoms go away. Once your symptoms go away, return to the Green Zone and follow the doctor's medication instructions.</i></p> <p>When to Get Help:</p> <p>If you are not getting better after 1 or 2 days, OR if your symptoms are getting worse, call your doctor!</p>	<p>Medication:</p> <hr/> <p>How Much: When to Take:</p> <hr/> <p>Medication:</p> <hr/> <p>How Much: When to Take:</p> <hr/> <p>Get Help Immediately:</p> <p>Call your doctor now! If you cannot contact your doctor right away, go to the emergency room or call 911. Do not wait!</p> <p>See your doctor within 3–5 days of an emergency room visit or being released from the hospital.</p>
<p>Go to the emergency room, or call 911, if you have ANY life-threatening symptoms:</p>	<ul style="list-style-type: none"> Lips or fingernails look blue or gray Trouble walking or talking because of asthma 	<ul style="list-style-type: none"> Pulling in neck and ribs during breaths No response to quick-relief medicine