

# ASTHMA ACTION PLAN



Asthma and Allergy  
Foundation of America  
aafa.org

Name:	Date:
Doctor:	Medical Record #:
Doctor's Phone #: Day	Night/Weekend
Emergency Contact:	
Doctor's Signature:	

The colors of a traffic light will help you use your asthma medicines.



**GREEN means Go Zone!**

Use preventive medicine.

**YELLOW means Caution Zone!**

Add quick-relief medicine.

**RED means Danger Zone!**

Get help from a doctor.

Personal Best Peak Flow: \_\_\_\_\_

GO	Use these daily controller medicines:		
<p><b>You have <i>all</i> of these:</b></p> <ul style="list-style-type: none"> <li>Breathing is good</li> <li>No cough or wheeze</li> <li>Sleep through the night</li> <li>Can work &amp; play</li> </ul> <p><b>Peak flow:</b></p> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; width: fit-content; margin: 0 auto;">                     from _____ to _____                 </div>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN
	For asthma with exercise, take:		
CAUTION	Continue with green zone medicine and add:		
<p><b>You have <i>any</i> of these:</b></p> <ul style="list-style-type: none"> <li>First signs of a cold</li> <li>Exposure to known trigger</li> <li>Cough</li> <li>Mild wheeze</li> <li>Tight chest</li> <li>Coughing at night</li> </ul> <p><b>Peak flow:</b></p> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; width: fit-content; margin: 0 auto;">                     from _____ to _____                 </div>	MEDICINE	HOW MUCH	HOW OFTEN/ WHEN
	CALL YOUR ASTHMA CARE PROVIDER.		
DANGER	Take these medicines and call your doctor now.		
<p><b>Your asthma is getting worse fast:</b></p> <ul style="list-style-type: none"> <li>Medicine is not helping</li> <li>Breathing is hard &amp; fast</li> <li>Nose opens wide</li> <li>Trouble speaking</li> <li>Ribs show (in children)</li> </ul> <p><b>Peak flow:</b></p> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; width: fit-content; margin: 0 auto;">                     reading below _____                 </div>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN

**GET HELP FROM A DOCTOR NOW! Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT.**

Make an appointment with your asthma care provider within two days of an ER visit or hospitalization.