



TOPEKA ALLERGY & ASTHMA CLINIC ASTHMA ACTION PLAN
(785) 273-9999

GREEN ZONE: All Clear

This is where you should be every day.

Peak Flow 80-100% of personal best

- no symptoms of an asthma episode
- able to do your usual activities
- able to sleep without having symptoms
- usual medications control asthma

Take these medications as part of your daily treatment plan:

| medicine | type* | how much to take | when to take it |
|----------|-------|------------------|-----------------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Avoid things that bring on your asthma.

Take _____ before exercise.

* QB = "Quick Fix" Bronchodilator
SB = Slow-acting Bronchodilator
A = Anti-inflammatory
O = Other
HHN = Nebulizer

Increase use of your "Quick-Fix" medicine (bronchodilator):

_____ cc of _____ by HHN **OR** 2 puffs of _____
every 20 minutes x 3 doses

YELLOW ZONE: Caution

This is not where you should be every day.
Take action to get your asthma under control.

Peak Flow 50-80% of personal best.

- may be coughing, wheezing, feel short of breath, or have chest tightness.
- usual activities may be somewhat limited.
- sleep may be interrupted due to increased asthma symptoms
- increased need for asthma medications

THEN, IF YOUR PEAK FLOW RETURNS TO THE GREEN ZONE:

Use _____ every 4 to 6 hours as needed.

Increase use of your _____ puffs _____ times per day for _____ days, then resume your daily treatment plan.

BUT, IF YOUR PEAK FLOW REMAINS IN THE YELLOW ZONE:

Begin/increase oral steroids: take _____ mg of _____ times a day, for _____ days, then _____ mg _____ times a day, for _____ days.

Use _____ every 4-6 hours x 3-4 days while awake, then use it only as needed.

Call our office for further instructions.

If your asthma symptoms persist, and/or peak flows are under _____, follow the Red Zone plan.
(50% of personal best)

Resume daily treatment plan once peak flows consistently remain in Green Zone and there are no asthma symptoms

RED ZONE: DANGER!!!

This is an emergency! Get help.

Peak flow below 50% of personal best

- increased symptoms longer than 24 hours
- may be coughing, very short of breath and skin between ribs and neck may be pulled in tight.
- may have difficulty walking or talking activity severely limited
- may not be wheezing because not enough air can move out of your airways.
- asthma medications haven't reduced the symptoms.

First use these medicines:

| medicine | how much to take | when to take it |
|----------|------------------|-----------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Next call the doctor to talk about what you should do next.

But see the doctor right away or go to the hospital if any of these things are happening:

- lips or fingernails are blue
- you are struggling to breathe
- you do not feel any better 20 to 30 minutes after taking the extra medicine and your
- peak flow is still in the Red Zone.

At any time, call your doctor if:

asthma symptoms worsen while you are taking oral steroids, or

your peak flows remain or fall below (50%) _____ in spite of following the plan.