



**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

<input type="checkbox"/>	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.

<input type="checkbox"/>	<u>First</u> 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.