

# My Asthma Action Plan

Name: \_\_\_\_\_  
Date: \_\_\_\_\_

My Asthma Severity: \_\_\_\_\_

My Peak Flow Number: \_\_\_\_\_

Avoid asthma triggers: \_\_\_\_\_

My Doctor or Clinic: \_\_\_\_\_

My Doctor or Clinic phone: \_\_\_\_\_



## Go



### Green Zone: Asthma in good control

- I feel good
- No cough or wheeze
- Can work, sleep and play without asthma symptoms

My peak flow number is above \_\_\_\_\_

- Take your asthma control medicine every day:
  - \_\_\_\_\_
  - \_\_\_\_\_
- If exercise triggers your asthma, take:
  - \_\_\_\_\_
  - 15 minutes before exercise or sports, and
  - during exercise if you have asthma symptoms
- Spacer to use with inhaler: \_\_\_\_\_



## Slow



### Yellow Zone: Asthma getting worse

I have any of these:

- I do not feel good
- Cough or wheeze
- Wake up at night
- Chest feels tight

My peak flow number is between \_\_\_\_\_

- Keep taking your Green Zone medicines.
- Start taking your rescue medicine:
  - \_\_\_\_\_ every 20 minutes for up to 1 hour. Then every 4 hours for 24-48 hours.
- If you do not return to the Green Zone in 12-24 hours, or you get worse, start taking your oral steroid medicine:
  - \_\_\_\_\_
- If you stay in Yellow Zone more than 12-24 hours, call your doctor.



## Stop



### Red Zone - Medical Alert - Get help

I have any of these:

- I feel awful
- Breathing getting harder
- Medicine not helping
- Trouble walking or talking
- Nose opens wide to breathe

My peak flow number is below \_\_\_\_\_

- Take your rescue medicine NOW:
  - \_\_\_\_\_
- Take your oral steroid medicine NOW:
  - \_\_\_\_\_
- Call your doctor NOW.
- If you are still in the Red Zone after 20 minutes, and you have not reached your doctor:
  - Take your rescue medicine again, and
  - Call 911 or go to the emergency room right away.

Yes  No The above medicines may be given at school or day care.

Yes  No Child can carry and use inhaler/s at school with approval of the school nurse.

Provider name, print and sign: \_\_\_\_\_

Clinic & phone number for follow up: \_\_\_\_\_ When: \_\_\_\_\_

Name of person given Asthma Action Plan and Trigger Control sheet: \_\_\_\_\_

# Asthma Triggers

## How to Control Things That Make Your Asthma Worse

Triggers are things that make your asthma worse. Look at the list below to help you find your triggers and what you can do about them. You can help prevent asthma flare-ups by staying away from your triggers.

Trigger		What you can do
<p><b>Cigarette Smoke</b> Tobacco smoke can make asthma worse.</p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Do not allow smoking in your home, car or around you.</li> <li><input type="checkbox"/> Be sure no one smokes at a child's day care or school.</li> <li><input type="checkbox"/> If you smoke, ask your health care provider for ways to help you quit. Ask family members to quit too.</li> </ul>
<p><b>Colds, Flu, Bronchitis</b> These are common triggers of asthma.</p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Wash your hands often.</li> <li><input type="checkbox"/> Don't touch your eyes, nose or mouth.</li> <li><input type="checkbox"/> Get a flu shot every year.</li> </ul>
<p><b>Dust mites</b> These are tiny bugs that live in cloth or carpet. They are too small to see.</p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Wash sheets and blankets in hot water every week.</li> <li><input type="checkbox"/> Encase pillows and mattress in dust mite proof covers.</li> <li><input type="checkbox"/> Avoid having carpet if you can. If you have carpet, vacuum weekly. Use a dust mask and HEPA vacuum.</li> </ul>
<p><b>Pollen and outdoor mold</b> Some people are allergic to trees, grass, or weed pollen, or molds.</p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Try to keep your windows closed.</li> <li><input type="checkbox"/> Limit time out doors when pollen count is high.</li> <li><input type="checkbox"/> Ask your health care provider about taking medicine during allergy season.</li> </ul>
<p><b>Animal Dander</b> Some people are allergic to skin flakes, urine or saliva from pets with fur or feathers.</p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Keep pets with fur or feathers out of your home.</li> <li><input type="checkbox"/> If you can't keep the pet outdoors, then keep the pet out of your bedroom. Keep the bedroom door closed.</li> <li><input type="checkbox"/> Keep pets off cloth furniture and away from stuffed toys.</li> </ul>
<p><b>Mice, Rats, &amp; Cockroaches</b> Some people are allergic to the waste from these pests.</p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Cover food and garbage.</li> <li><input type="checkbox"/> Clean up spills &amp; food crumbs. Store grease in refrigerator.</li> <li><input type="checkbox"/> Keep food out of the bedroom.</li> </ul>
<p><b>Indoor Mold</b> This can be a trigger if your home has high moisture.</p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Fix leaking faucets, pipes, or other sources of water.</li> <li><input type="checkbox"/> Clean moldy surfaces.</li> <li><input type="checkbox"/> Dehumidify basement if it is damp and smelly.</li> </ul>
<p><b>Smoke, Strong Odors, and Sprays</b> These can reduce air quality.</p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Stay away from strong odors and sprays, such as perfume, powder, hair spray, paints, smoke, incense, paints, cleaning products, candles, and new carpet.</li> </ul>
<p><b>Exercise or Sports</b> Some people with asthma have this trigger.</p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Be active! Ask your doctor about taking medicine before sports or exercise to prevent symptoms.</li> <li><input type="checkbox"/> Warm up for 5-10 minutes before and after sports or exercise.</li> </ul>
<p><b>Other triggers of asthma</b></p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Cold air: Cover your nose and mouth with a scarf.</li> <li><input type="checkbox"/> Sometimes laughing or crying hard can be a trigger.</li> <li><input type="checkbox"/> Some medicines and food can trigger asthma.</li> </ul>