



POWERoverasthma

Asthma Action Plan

An asthma action plan is a written plan that tells you how to respond to asthma symptoms. The goal is to prevent flare-ups by having good daily control and recognizing symptoms (signs) of a flare-up early. It is also important to take the right medicine at the right time.

What does an asthma action plan tell you?

- + Symptoms of a flare-up
- + What medicine to take and when to take it
- + When and who to call for help

How do peak flow meters help you make your action plan?

The peak flow meter is a tool that measures how well air moves out of the lungs. It tells you when the airways begin to tighten, even before you have symptoms such as coughing or wheezing. Ask your doctor if you or your child should use a peak flow meter. They are generally not used for children under 5 or 6 years old.

Use a peak flow meter to help you and your doctor decide:

- + If your asthma action plan is working
- + When to stop or add certain medicines
- + When to get emergency care
- + What triggers are causing asthma problems

The peak flow meter helps you better understand your asthma.

Take the asthma action plan (on the back of this letter) with you when you see your doctor. Ask your doctor to help you fill it out. Update it at every doctor's visit.

Keep a copy of the completed action plan handy at all times so you can find it when you need it. Also give a copy to friends, relatives, teachers, coaches and babysitters so that they can help you if you have a flare-up.



Asthma action plan for:

Date:

Doctor	Doctor phone
Parent/Guardian phone	Birth date
Asthma triggers	

Personal best peak flow reading _____

Power of control: Green Zone	Use these controller medicines daily		
Peak flow between _____ and _____	Medicine	How much	When
You can check ALL of these: <input type="checkbox"/> Breathing is good <input type="checkbox"/> No cough or wheeze <input type="checkbox"/> Sleep through the night <input type="checkbox"/> Can do usual activities			
	Before exercise or sports, do the following:		
	Medicine	How much	When

Power over flare-ups: Yellow Zone	Add these to your Green Zone medicines		
Peak flow between _____ and _____	Medicine	How much	When
You can check ANY of these: <input type="checkbox"/> Cough or mild wheeze <input type="checkbox"/> Tight chest <input type="checkbox"/> Trouble breathing at night <input type="checkbox"/> First sign of a cold			
	Call your doctor or nurse when:		
	Notes:		

Power over emergencies: Red Zone	Take these medicines and call your doctor now		
Peak flow between _____ and _____	Medicine	How much	When
You can check ANY of these: <input type="checkbox"/> Medicine is not helping <input type="checkbox"/> Breathing hard and fast <input type="checkbox"/> Nose opens wide <input type="checkbox"/> Ribs show when breathing <input type="checkbox"/> Can't talk			
	Get help from a doctor right away! Go to the hospital or call 911 if you cannot reach your doctor.		
	Notes:		

