Asthma Action Plan

You can use the colors of a traffic light to help learn about your asthma medicines

1. **Green** means **Go**. Asthma in good control. Use controller medicine.
2. **Yellow** means **Caution**. Use both reliever medicine and controller medicine.
3. **Red** means **Stop**. Get help from a doctor. Call 911.

### 1. Green – Go
- Breathing is good
- No coughing or wheezing
- Can work and play

**Peak Flow Range** ______ to ________

Asthma in good control. Use controller medicine.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

15-20 minutes before exercise, use this medicine:

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
</tr>
</thead>
<tbody>
<tr>
<td>albuterol</td>
<td>2 puffs</td>
<td>(if needed)</td>
</tr>
</tbody>
</table>

### 2. Yellow – Caution
- Coughing
- Wheezing
- Tight Chest
- Waking up at night

**Peak Flow Range** ______ to ________

Use controller medicine. Take reliever medicine to keep an asthma attack from getting bad.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
</tr>
</thead>
<tbody>
<tr>
<td>albuterol</td>
<td>2-4 puffs</td>
<td>up to every 4 hours</td>
</tr>
</tbody>
</table>

*If still in YELLOW after 24 hours, call doctor for appointment.*

### 3. Red – Stop – Danger
- Medicine is not helping
- Breathing is hard and fast
- Nostrils open wide
- Can’t walk
- Ribs show
- Can’t talk well

**Peak Flow Range** ______ to ________

Get help from a doctor now! Call 911

Take these medicines until you talk with the doctor.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
</tr>
</thead>
<tbody>
<tr>
<td>albuterol</td>
<td>4-8 puffs</td>
<td>every 20 minutes 3 doses</td>
</tr>
</tbody>
</table>

*If worse or no improvement contact doctor and proceed to the emergency room.*

*Talk to your doctor about having a supply of prednisone or prednisolone available for RED ZONE.*

---

Name: ____________________________

Doctor: _______________________

Date: ________________

Phone # for doctor or clinic: ___________________________

Phone # for taxi or friend: ___________________________

Parent Signature __________________________

Consulting Physician __________________________

This information is not intended as a substitute for professional medical care. Always follow your health care provider’s instructions.

Provided as an educational service by Schering-Plough Mangade Markets.

Source: 2017 GINA Report, Global Strategy for Asthma Management and Prevention