

# Asthma Action Plan

## GREEN LIGHT - Good Control

- Normal breathing
- No cough or wheeze
- Normal activity
- Normal sleep
- Peak flow greater than or equal to 90% personal best

### Use controller medication(s):

1) \_\_\_\_\_ puff(s)/dose \_\_\_\_\_ times/day, **regularly**

2) \_\_\_\_\_ puff(s)/dose \_\_\_\_\_ times/day, **regularly**

Reliever medication: \_\_\_\_\_ when needed before exercise; or for cough, wheeze, breathless

## YELLOW LIGHT - Caution

- Limitation of activity (slowing down)
- Symptoms greater than or equal to 3 times per week during the day
- Symptoms greater than or equal to 1 time per week at night (wakes you from sleep)
- First sign of cold symptoms
- Peak flow of 60 - 80% personal best

### Increase your controller medication(s) (use until better):

1) \_\_\_\_\_ puff(s)/dose \_\_\_\_\_ times/day, **regularly**

2) \_\_\_\_\_ puff(s)/dose \_\_\_\_\_ times/day, **regularly**

If using reliever medication every 4 hours, call your doctor or go to the Emergency Department. See your doctor if asthma symptoms are not improving after 2 days.

## RED LIGHT - Danger

### SEE YOUR DOCTOR OR GO TO EMERGENCY DEPARTMENT IMMEDIATELY

Reliever medication does not help in 10 minutes (or is needed in less than 3 hours) along with **one or more of the following:**

- Breathing difficulty
- Wheezing at rest
- Skin sucked in with breathing (at necks, ribs, or collarbone)
- Difficulty talking
- Lips or fingernails are blue / grey
- Peak flow less than or equal to 60% personal best

