

MY ASTHMA ACTION PLAN



Green Zone

Prevent asthma symptoms every day and feel good!

DOING WELL!

- No cough, wheeze, chest tightness, or shortness of breath
- Feel good doing usual activities
- Use quick-relief medicines less than twice a week (except for exercise)

Peak Flow (age 5 and up): _____ or more
(80-90% of personal best)

Personal Best Peak Flow
(age 5 and up): _____

Take control medicines (controllers or preventers) every day.

Use _____ puffs _____ times a day:

- | | |
|--------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <input type="checkbox"/> QVAR 40 / 80 | <input type="checkbox"/> Advair 100 / 250 / 500 |
| <input type="checkbox"/> Asmanex 110 / 220 (age > 4) | <input type="checkbox"/> Singulair 4mg / 5mg / 10mg (take one tablet a day, at nighttime.) |
| <input type="checkbox"/> Flovent 44 / 110 / 220 | <input type="checkbox"/> Dulera 100/5 and 200/5 |
| <input type="checkbox"/> Pulmicort Respules 0.25 UD / 0.5 UD | |

Remember to rinse your mouth with water after using an inhaler!

If activity or exercise causes asthma symptoms, take quick-relief medicines.

Use _____ puffs 15-30 minutes before starting activity or exercise:

- ☐ Albuterol HFA (*ProAir HFA, Ventolin HFA, Proventil HFA*)

Avoid things that increase asthma symptoms. (See other side for a checklist of triggers.)

Other Medication:

Remember! Using a spacer with your inhaler gets more medicine into your lungs and lowers side effects.



Yellow Zone

Take action to get back in the green zone.

CAUTION

- Slight cough, wheeze, chest tightness, or shortness of breath
- Mild chest congestion from cold or allergies
- Cannot do all of your normal activities
- Regular breathing is a little faster than normal
- Waking up at night with cough
- Using quick-relief medicines twice or more a week (except before exercise)

Peak Flow (age 5 and up): _____ to _____
(50-60% to less than 80-90% of personal best)



CALL YOUR DOCTOR OR ADVISE NURSE IF YOUR SYMPTOMS GET WORSE OR DO NOT IMPROVE, OR IF YOU HAVE ANY CONCERNS! Phone Number _____

Take quick-relief medicines to improve your asthma symptoms.

Use _____ puffs every _____ hours for up to _____ days until your symptoms resolve.

- ☐ Albuterol HFA (*ProAir HFA, Ventolin HFA, Proventil HFA*)
☐ Albuterol Nebulizer Solution 1 vial / 0.5mL + 0.3mL saline.

Increase control medicines (controllers or preventers) until you are back in the Green Zone.

Use _____ puffs _____ times a day for _____ weeks:

- | | |
|--------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <input type="checkbox"/> QVAR 40 / 80 | <input type="checkbox"/> Advair 100 / 250 / 500 |
| <input type="checkbox"/> Asmanex 110 / 220 (age > 4) | <input type="checkbox"/> Singulair 4mg / 5mg / 10mg (take one tablet a day, at nighttime.) |
| <input type="checkbox"/> Flovent 44 / 110 / 220 | <input type="checkbox"/> Dulera 100/5 and 200/5 |
| <input type="checkbox"/> Pulmicort Respules 0.25 UD / 0.5 UD | |

Remember to rinse your mouth with water after using an inhaler!

Other Medication:



Red Zone

GET HELP NOW!

FLARE-UP

- Persistent cough or wheeze
- Very short of breath
- Cannot do usual activities
- Waking up more than once at night with cough or wheeze
- Fast breathing
- Symptoms are not getting better after 2 days in the Yellow Zone

Peak Flow (age 5 and up): _____
(less than 50-60% of personal best)



TO BE SEEN TODAY, CALL _____

Take quick-relief medicines.

- ☐ Albuterol HFA (*ProAir HFA, Ventolin HFA, Proventil HFA*). Use _____ puffs.
☐ Albuterol Nebulizer Solution 1 vial / 0.5mL + 0.3mL saline.

If symptoms do not improve after 20 minutes, take quick-relief medicines again.

Call your doctor. You need to be seen immediately!

If symptoms still do not improve after 20 more minutes, take quick-relief medicines a third time.

Do not take quick-relief medicines more than three times.

Take flare-up (burst) medicines.

- ☐ Prednisone _____ mg tablets: _____ tabs _____ times a day.
☐ Prednisolone _____ mg/5ml syrup: _____ tsp(s). _____ times a day.

Increase control medicines (controllers or preventers). Use _____ puffs _____ times a day for _____ weeks:

- | | |
|--------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <input type="checkbox"/> QVAR 40 / 80 | <input type="checkbox"/> Advair 100 / 250 / 500 |
| <input type="checkbox"/> Asmanex 110 / 220 (age > 4) | <input type="checkbox"/> Singulair 4mg / 5mg / 10mg (take one tablet a day, at nighttime.) |
| <input type="checkbox"/> Flovent 44 / 110 / 220 | <input type="checkbox"/> Dulera 100/5 and 200/5 |
| <input type="checkbox"/> Pulmicort Respules 0.25 UD / 0.5 UD | |

Remember to rinse your mouth with water after using an inhaler!

DANGER! Call 911 immediately if:

- Child is breathing very hard or fast.
- Skin is sucked in around neck, ribs, or stomach during breaths.

- Child does not respond normally.
- Child is breathing so hard that s/he cannot walk or talk.
- Lips or fingernails are blue or gray.

KNOW YOUR ASTHMA TRIGGERS

Asthma triggers can cause symptoms and flare-ups. Limiting exposure to them will help keep you in the Green Zone and feeling well. Each person has different triggers. What are yours?

COMMON ALLERGIES

Allergy testing can tell you which allergens your child should avoid. Ask your doctor if allergy testing would be helpful.

- ☐ Dust mites: tiny bugs too small to see without a microscope that live in household dust and bedding
- ☐ Pets that have fur or feathers
- ☐ Cockroaches
- ☐ Molds which can grow in damp areas, such as the kitchen, the bathroom, and in the soil of houseplants
- ☐ Pollen from grasses, trees, and weeds*

AIR POLLUTANTS AND OTHER IRRITANTS THAT MAY BOTHER YOUR LUNGS

- ☐ Smoke from cigarettes, cigars, fireplaces, wood burning stoves, or incense
- ☐ Smog
- ☐ Plug-ins or air fresheners
- ☐ Perfumes or other fragrances
- ☐ Aerosol sprays, including hair spray
- ☐ Strong chemical fumes from kitchen and bathroom cleaners, paints, and glues

INFECTIONS – one of the most common triggers

- ☐ Colds and flu
- ☐ Sinus infections
- ☐ Bronchitis and pneumonia

PHYSICAL ACTIVITY

Even though physical activity can be a trigger, it is still important to keep physically active. You can use medicines to help control asthma that is triggered by physical activity.

- ☐ Active play
- ☐ Exercise

OTHER TRIGGERS

- ☐ Stress
- ☐ Changes in weather *
- ☐ Cold, dry air *
- ☐ Sulfites, a preservative found in dried fruits, wine, and certain other foods
- ☐ Live Christmas trees
- ☐ Aspirin or aspirin-like drugs, such as ibuprofen (In rare cases, these can trigger severe asthma attacks, more often in adults than in children.)

* Don't keep your child inside, but do everything you can to offset the effects of pollen and other outdoor triggers.

For more information and other resources, visit your doctor's home page and kp.org/asthma