


My SMART Asthma Action Plan

 Traffic light colors can help you use your asthma medicine.

Patient: _____ MRN: _____

Doctor: _____ Date: _____

Green Zone—Doing Well!



- No cough, wheezing, chest tightness, or shortness of breath
- Feel good doing usual activities

Prevent asthma symptoms every day to feel good!

What you should do when you're feeling good.

Take your medicine every day with a spacer:

Symbicort (budesonide/formoterol) with a spacer: _____ /4.5

Number of puffs: _____ Times per day: _____

If activity or exercise causes asthma symptoms:

- Take **1 puff** of your Symbicort (budesonide/formoterol) medicine whenever needed for relief of asthma symptoms.
- You should always carry your Symbicort (budesonide/formoterol) inhaler and spacer.

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

Yellow Zone—Caution!



- Slight cough, wheezing, chest tightness, or shortness of breath
- Mild chest congestion from a cold or allergies
- Regular breathing is faster than normal
- Have a hard time doing daily activities
- Waking up at night with a cough

Take action to get back in the green zone.

If over a period of 2 to 3 days your asthma symptoms are **GETTING WORSE** or **NOT IMPROVING**,

You should:

Continue to use your regular everyday medicine **PLUS** 1 puff Symbicort (budesonide/formoterol) every 4 hours as needed to relieve symptoms. You may repeat this after 3 minutes if first puff is not effective.

If you need more than the maximum recommended amount per day:

- **8 puffs max (ages 4 to 11)**
- **12 puffs max (ages 12 and older)**

You **MUST** see your doctor or go to the hospital the same day.

CALL _____

Red Zone—Flare-Up!



- Persistent cough or wheezing
- Very short of breath or fast breathing
- Very hard to breathe or speak
- Cannot do usual activities like play
- Waking up more than once at night with cough or wheezing
- Fast breathing
- Symptoms are not getting better after 2 days in the Yellow Zone

Get help now!

Take these steps when you have **SEVERE** asthma symptoms:

1. **Take 1 puff of your Symbicort (budesonide/formoterol) medicine immediately.**

2. **Wait 3 minutes, then:**

- If you're **GETTING WORSE** or **NOT IMPROVING**, continue to take puffs of Symbicort (budesonide/formoterol) medicine as needed (up to a max of 6 puffs on a single occasion) and **go to the nearest hospital or call 911 and say you're having an asthma attack.**
- If you're getting **BETTER**, continue taking your Symbicort (budesonide/formoterol) medicine and call your doctor, say you're having an asthma attack. **CALL** _____

3. **Start a course of prednisone/prednisolone if you have that medicine.**

Medicine: _____ Amount: _____

Times per day: _____

DANGER! Call 911 or go to the nearest hospital immediately if:

- You're breathing very hard or fast.
- You're breathing so hard you can't walk or talk.
- Your skin is sunken in around the neck, ribs, or stomach during breaths.
- Your lips or fingernails turn blue or gray.

Know Your Asthma Triggers

Asthma triggers can cause symptoms and flare-ups. Limiting exposure to them will help keep you or your child in the Green Zone, feeling good. Each person has different triggers. Use the list below to identify yours.

Infections

- Colds and flu
- Sinus infections
- COVID-19
- Bronchitis and pneumonia

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

Common Allergies

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

For more information and resources, visit kpdoc.org/asthma.

Physical Activity

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

- Exercise
- Intense activity (such as climbing stairs or hauling heavy objects)

Other Triggers

- Stress
- Changes in weather
- Cold, dry air
- Sulfites (a preservative found in dried fruits, wine, condiments, 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.)

HEALTH EDUCATION

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.