

Preventer: \_\_\_\_\_  
 Reliever: \_\_\_\_\_

**Asthma Action Plan**

Name: \_\_\_\_\_  
 Date: \_\_\_\_\_

Triggers: \_\_\_\_\_

**Green Level: Well-controlled Asthma**

- Normal Breathing
- Normal Sleep
- Normal Activity
- Minimal cough, wheeze, shortness of breath and/or chest tightness
- Reliever use: \_\_\_\_\_

**What should I do?**

- Use your regular medications
- Avoid your triggers
- Use Preventer: \_\_\_\_\_

Use Reliever: \_\_\_\_\_

**Yellow Level: Worsening Asthma**

- Increasing symptoms of cough, wheeze, shortness of breath or chest tightness
- Symptoms at night
- Symptoms worse with exercise
- Cold/flu symptoms
- Reliever use: \_\_\_\_\_

**What should I do?**

- Continue with other regular treatments
- Continue to avoid your triggers
- Use Preventer: \_\_\_\_\_

Use Reliever: \_\_\_\_\_

**Orange Level: Severe Asthma**

- Asthma symptoms worsen despite 48 hours of increased preventer and reliever medications
- OR

- Asthma symptoms at rest
- Symptoms worse with exercise
- Reliever use: \_\_\_\_\_

**What should I do?**

- Contact your doctor for an urgent appointment

AND

- If prednisone has been prescribed for you take \_\_\_\_\_ mg ( \_\_\_\_\_ tablets) for \_\_\_\_\_ days.

- Continue to take extra reliever as needed: \_\_\_\_\_

**Red Level: Dangerous Asthma**

- Asthma symptoms worsen despite 24-48 hours of Prednisone
- OR
- Sudden severe attack of asthma
  - Difficulty speaking
  - Feeling faint, anxious or frightened
  - Reliever use: \_\_\_\_\_

**What should I do?**

- Get medical help IMMEDIATELY.
- Call 911 or get someone to drive you to EMERGENCY
- Use reliever: \_\_\_\_\_