



# Asthma Action Plan

■ Name \_\_\_\_\_

■ Emergency contact **911** 845-623-7100 Clarkstown Pediatrics 845-348-2345 Nyack Hospital ER

■ Physician Signature \_\_\_\_\_ Date \_\_\_\_\_

**Severity Classification**

Mild Persistent

Moderate Persistent

Severe Persistent

**Triggers**

Colds     Smoke     Weather

Exercise     Dust     Air pollution

Animals     Food

Other \_\_\_\_\_

**Exercise**

1. Pre-medication (how much and when) \_\_\_\_\_

\_\_\_\_\_

## Green Zone: Doing Well

**Symptoms**

- Breathing is good
- No cough or wheeze
- Can work and play
- Sleeps all night

**Control Medications**

Medicine	How Much to Take	When To Take It
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Yellow Zone: Getting Worse

**Contact Physician if using quick relief more than 2 times per week.**

**Symptoms**

- Some problems breathing
- Cough, wheeze or chest tight
- Problems working or playing
- Wake at night

**Continue control medicines and add:**

Medicine	How Much to Take	When To Take It
_____	_____	_____
_____	_____	_____
_____	_____	_____

**IF your symptoms return to Green Zone after one hour of the quick relief treatment, THEN**

- Change your long-term control medicines by \_\_\_\_\_
- Contact your physician

**IF your symptoms DO NOT return to the GREEN ZONE after 1 hour of the quick relief treatment, THEN**

- Take quick-relief treatment again
- Call your physician

## Red Zone: Medical Alert

**Symptoms**

- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not helping

**Continue control medicines and add:**

Medicine	How Much to Take	When To Take It
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Go to the hospital or call for an ambulance if**

- Still in the red zone after 15 minutes
- If you have not been able to reach your physician/health care provider for help

**Call an ambulance immediately if the following danger signs are present**

- Trouble walking/talking due to shortness of breath
- Lips or fingernails are blue