

ASTHMA PATIENT ACTION PLAN

Name: _____

Doctor: _____ Date: _____

Phone # for doctor or clinic: _____

Phone # for taxi or friend: _____

You can use the colors of a traffic light to help learn about your asthma medicines.



- Green** means **Go**.
Use controller medicine.
- Yellow** means **Caution**.
Use reliever medicine.
- Red** means **Stop**.
Get help from a doctor.



1. Green – Go

Use controller medicine.

- Breathing is good
- No coughing or wheezing
- Can work and play



Peak Flow Number
_____ to _____

Medicine

How much to take

When to take it

20 minutes before sports, use this medicine:

2. Yellow – Caution

Take reliever medicine to keep an asthma attack from getting bad.



Coughing



Wheezing



Tight Chest



Waking up at night

Peak Flow Number
_____ to _____

Medicine

How much to take

When to take it

3. Red – Stop – Danger

Get help from a doctor now!

Take these medicines until you talk with the doctor.

- Medicine is not helping
- Breathing is hard and fast
- Nostrils open wide
- Can't walk
- Ribs show
- Can't talk well



Peak Flow Number
_____ to _____

Medicine

How much to take

When to take it
