

Asthma Action Plan



Name:

Pediatrician:

Phone:

Green Zone:
Breathing is good - No cough or wheeze - Can work & play - Sleeping through night

Take these medicines every day, even if you are not having any symptoms.

Doing well

Yellow Zone:
Cough - Wheeze - Tight chest - Coughing or Waking up at night - First signs of a cold

Take these medications.

Some Symptoms

You should feel better within 20-60 minutes of quick-relief treatment. If you are getting worse or are in the Yellow Zone for more than 24 hours, THEN follow the instructions in the RED ZONE and call your pediatrician right away.

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

Take medicine now and call your doctor

Get Help Now!

If you have any of these danger signs, call you doctor immediately, call 911 or go directly to the urgent care center or emergency room.

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- Trouble walking/talking due to shortness of breath
- Lips or fingernails are blue
- Still in the Red Zone for 15 minutes