



# Asthma Action Plan

Patient \_\_\_\_\_ Provider \_\_\_\_\_

## GREEN ZONE: (Use Daily Medicine)



Easy Normal Breathing  
No Limits on Activity  
No Wheezing, Coughing, Shortness of Breath

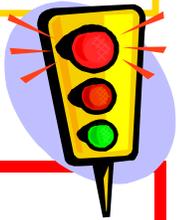

## YELLOW ZONE: (Use Prevention Medicine and Begin Rescue Medicine)

Limits on Activity  
Wheezing, Coughing, Shortness of Breath  
Signs of Viral Symptoms

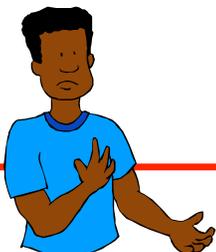


Prevention Med	
Rescue Med	What To Do After Improvement
every 20 mins until symptoms improved. Give up to 3 treatments. Contact doctor if no improvement	

## RED ZONE: (Begin Frequent use of Rescue Medicine and Seek Immediate Medical Help)



Medicine is not helping, hard, fast breathing, ribs show with Breathing (severe retractions). Cannot talk in complete sentences. Cannot Walk. Nostrils flair.



Rescue Med	How to Use
	every 10—15 min as you go to your primary care provider's office or the Emergency Room.
	If your child is struggling to breath or turning blue, dial 911 or go to the nearest Emergency Room.