




Asthma Action Plan

Naval Hospital Oak Harbor, Washington

Signs	Action	Exercise
<ul style="list-style-type: none"> No regular coughing No wheezing No chest tightness No shortness of breath No difficulty sleeping Feel great Normal activities Peak flow between _____ & _____ 	<ul style="list-style-type: none"> Take your maintenance medications EVERYDAY as listed below: <hr/> <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> If you have asthma problems with exercise, take 2 puffs of albuterol before exercise. <div style="text-align: center;">  </div>

Signs	Immediate Action	Call Your Doctor If:
<ul style="list-style-type: none"> Persistent cough Wheezing Chest tightness Shortness of breath Difficulty sleeping due to wheeze or cough decreased activity level Peak flow between _____ & _____ 	<ul style="list-style-type: none"> Take 2 to 4 puffs of albuterol every 20 minutes for up to 1 hour until back in the Green Zone. <p style="text-align: center;"><u>Additional Actions</u></p> <ul style="list-style-type: none"> Take 2 puffs of albuterol 4 times per day for 3 days. Double the dose of your inhaled steroid for 3 days: your inhaled steroid is: _____ 	<ul style="list-style-type: none"> You remain in the yellow zone more than 1 hour despite treatment. You need to take your albuterol more than 4 times per day. Unable to stop your albuterol after 3 days. <div style="text-align: right;">  </div>

Signs	Immediate Action	Call 911 If:
<ul style="list-style-type: none"> Difficulty speaking Unable to eat/drink due to breathing difficulty Retractions: Sucking in the skin between the ribs or at the base of the neck. Peak flow less than _____ 	<ul style="list-style-type: none"> Take 6 puffs of albuterol If no immediate improvement on your way to Emergency Room (continue your albuterol every 20 minutes until you arrive). If improved, call your doctor or emergency room as soon as possible for guidance. 	<ul style="list-style-type: none"> Unable to speak Confused or unresponsive Have blue lips or fingernails <div style="text-align: right;">  <p>Emergency</p> </div>

Asthma Action Plan for: _____

 <p>Green Zone</p>	 <p>Yellow Zone</p>	 <p>Red Zone</p>
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■ Ambulance: **911** ■ Urgent Care Clinic: (360) 257-9646 ■ Pediatrics Clinic: (360) 257-9782
 ■ Family Medicine Clinic: (360) 257-9561/5106