

Asthma Patient Action Plan

2022-2023

Student _____

Cell Phone _____

Parent/Guardian _____

Cell Phone _____

Physician _____

Phone _____

Personal Best Peak Flow _____

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



1. **Green** means **Go**.
80-100% Personal Best Peak Flow.
Use controller medicine.
2. **Yellow** means **Caution**.
50-79% Personal Best Peak Flow.
Use reliever medicine.
3. **Red** means **Stop**.
<50% Personal Best Peak Flow.
Get help from a doctor.

1. Green — Go

Symptoms

- Breathing is easy
- No coughing
- No wheezing
- No shortness of breath
- Can work, play and sleep easily
- Using quick-relief medication less than twice a week
- **PEAK FLOW**
80% – 100% of personal best
_____ – _____

Control Medications:

Medicine

How Much to Take

When to Take It

10-20 minutes before sports or other strenuous activity, use this medicine:

2. Yellow — Caution

Symptoms

- Using quick-relief medication more than twice a week*
- Coughing
- Wheezing
- Shortness of breath
- Difficulty with physical activity
- Waking at night
- Tightness in chest
- **PEAK FLOW**
50% – 80% of personal best
_____ – _____

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

Medicine

How Much to Take

When to Take It

*You might need a change in your treatment plan.

2. Red — Stop — Danger

Symptoms

- Medication is not helping
- Breathing is very difficult
- Cannot walk or play
- Cannot talk easily
- **PEAK FLOW**
less than 50% of personal best

Get help from a doctor now! Take these medicines until you talk with the doctor.

Medicine

How Much to Take

When to Take It

If your symptoms do not improve and you cannot contact your doctor, go to the emergency room or call 911 immediately.



PHYSICIAN SIGNATURE

DATE _____



STUDENT SIGNATURE

DATE _____



PARENT/GUARDIAN SIGNATURE

DATE _____