

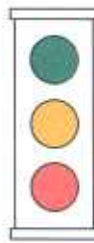
# ASTHMA PATIENT ACTION PLAN



PLEASE USE A BALL POINT PEN AND PRESS FIRMLY

Name: \_\_\_\_\_ Member No.: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Doctor: \_\_\_\_\_ Date: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone number for doctor or clinic: \_\_\_\_\_  
 Phone number for taxi or friend: \_\_\_\_\_  
 Personal Best Peak Flow: \_\_\_\_\_

You can use the colors of a traffic light to help 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

Use controller medicine.

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



Peak Flow Number  
to \_\_\_\_\_

(80–100%  
Personal Best Peak Flow)

Medicine

How much to take

When to take it

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 10–20 minutes before sports or other strenuous activity, 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 \_\_\_\_\_

(50–79%  
Personal Best Peak Flow)

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 \_\_\_\_\_

(less than 50%  
Personal Best Peak Flow)

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.

Signatures:

Physician

Patient

Caregiver

Page 1: Patient

Page 2: Primary Care Physician

Page 3: Specialist

Page 4: School Nurse

Page 5: Other



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