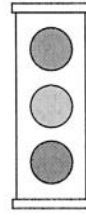


# ASTHMA-PATIENT ACTION PLAN

PLEASE USE A BALL POINT PEN AND PRESS FIRMLY

Name: \_\_\_\_\_ Member No.: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Doctor: \_\_\_\_\_ Date: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone for doctor or clinic: \_\_\_\_\_  
 Phone 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 cough or wheeze
- Can work and play



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

(80–100%  
Personal Best Peak Flow)

<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>
_____	_____	_____
_____	_____	_____

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.



Cough



Wheezing



Tight Chest



Wake up  
at night

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

(50–79%  
Personal Best Peak Flow)

<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>
_____	_____	_____
_____	_____	_____

## 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
- Nose opens wide
- Can't walk
- Ribs show
- Can't talk well



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

(less than 50%  
Personal Best Peak Flow)

<u>Medicine</u>	<u>How much to take</u>	<u>When to take it</u>
_____	_____	_____
_____	_____	_____

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

Signatures:

\_\_\_\_\_  
Physician

\_\_\_\_\_  
Patient

\_\_\_\_\_  
Caretaker

Page 1: Patient

Page 2: Primary Care Physician

Page 3: Specialist

Page 4: School Nurse

Page 5: Health Plan