

Preventer: _____
Reliever: _____

Asthma Action Plan

Name: _____
Date: _____

Triggers: _____

Green Level: Well-controlled Asthma <ul style="list-style-type: none">• Normal Breathing• Normal Sleep• Normal Activity• Minimal cough, wheeze, shortness of breath and/or chest tightness• Reliever use: _____		What should I do? <ul style="list-style-type: none">• Use your regular medications• Avoid your triggers • Use Preventer: _____• Use Reliever: _____
Yellow Level: Worsening Asthma <ul style="list-style-type: none">• Increasing symptoms of cough, wheeze, shortness of breath or chest tightness• Symptoms at night• Symptoms worse with exercise• Cold/flu symptoms• Reliever use: _____		What should I do? <ul style="list-style-type: none">• Continue with other regular treatments• Continue to avoid your triggers • Use Preventer: _____ • Use Reliever: _____
Orange Level: Severe Asthma <ul style="list-style-type: none">• Asthma symptoms worsen despite 48 hours of increased preventer and reliever medications OR• Asthma symptoms at rest• Symptoms worse with exercise• Reliever use: _____		What should I do? <ul style="list-style-type: none">• Contact your doctor for an urgent appointment AND• If prednisone has been prescribed for you take _____ mg (_____ tablets) for _____ days.• Continue to take extra reliever as needed: _____
Red Level: Dangerous Asthma <ul style="list-style-type: none">• Asthma symptoms worsen despite 24-48 hours of PrednisoneOR• Sudden severe attack of asthma• Difficulty speaking• Feeling faint, anxious or frightened• Reliever use: _____		What should I do? <ul style="list-style-type: none">• Get medical help IMMEDIATELY.• Call 911 or get someone to drive you to EMERGENCY• Use reliever: _____