

ASTHMA ACTION PLAN



Asthma and Allergy Foundation of America
aafa.org

Name:	Date:
Doctor:	Medical Record #:
Doctor's Phone #: Day	Night/Weekend
Emergency Contact:	
Doctor's Signature:	

The colors of a traffic light will help you use your asthma medicines.



- GREEN means Go Zone!**
Use preventive medicine.
- YELLOW means Caution Zone!**
Add quick-relief medicine.
- RED means Danger Zone!**
Get help from a doctor.

GO Use these daily preventive anti-inflammatory medicines:

- You have *all* of these:**
- Breathing is good
 - No cough or wheeze
 - Sleep through the night
 - Can work & play

MEDICINE	HOW MUCH	HOW OFTEN/WHEN
For asthma with exercise, take:		

CAUTION Continue with green zone medicine and add:

- You have *any* of these:**
- First signs of a cold
 - Exposure to known trigger
 - Cough
 - Mild wheeze
 - Tight chest
 - Coughing at night

MEDICINE	HOW MUCH	HOW OFTEN/ WHEN
CALL YOUR PRIMARY CARE PROVIDER.		

DANGER Take these medicines and call your doctor now.

- Your asthma is getting worse fast:**
- Medicine is not helping
 - Breathing is hard & fast
 - Nose opens wide
 - Ribs show
 - Can't talk well

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

GET HELP FROM A DOCTOR NOW! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT.** Make an appointment with your primary care provider within two days of an ER visit or hospitalization.