

# ASTHMA ACTION PLAN



Asthma and Allergy  
Foundation of America  
aafa.org

Name:	Date:
Doctor:	
Doctor's Phone #: Day	
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.

<b>GO</b>	<b>Use these daily preventive anti-inflammatory medicines:</b>			
<p><b>You have <i>all</i> of these:</b></p> <ul style="list-style-type: none"> <li>• Breathing is good</li> <li>• No cough or wheeze</li> <li>• Sleep through the night</li> <li>• Can work &amp; play</li> </ul>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN	
For asthma with exercise, take:				
<b>CAUTION</b>	<b>Continue with green zone medicine and add:</b>			
<p><b>You have <i>any</i> of these:</b></p> <ul style="list-style-type: none"> <li>• First signs of a cold</li> <li>• Exposure to known trigger</li> <li>• Cough</li> <li>• Mild wheeze</li> <li>• Tight chest</li> <li>• Coughing at night</li> </ul>	MEDICINE	HOW MUCH	HOW OFTEN/ WHEN	
CALL YOUR PRIMARY CARE PROVIDER.				
<b>DANGER</b>	<b>Take these medicines and call your doctor now.</b>			
<p><b>Your asthma is getting worse fast:</b></p> <ul style="list-style-type: none"> <li>• Medicine is not helping</li> <li>• Breathing is hard &amp; fast</li> <li>• Nose opens wide</li> <li>• Ribs show</li> <li>• Can't talk well</li> </ul>	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.