Using an Asthma Action Plan

Sit down with your doctor to develop an Asthma Action Plan. A plan can be very helpful, especially during an asthma flare-up.

Your Asthma Action Plan Can Help You Decide:
- What medicines to take
- When to take them
- How much to take
- When and how to get help

Your Asthma Action Plan Should Include:
- Emergency phone numbers
- Asthma flare-up information
- How to use your peak flow readings to show what peak flow zone you are in (see table at right)

An Asthma Action Plan may use 3 color “zones” to help you decide what to do:

<table>
<thead>
<tr>
<th>GREEN ZONE</th>
<th>Your breathing is good. Take your green zone medicines every day to keep most asthma flare-ups from starting.</th>
</tr>
</thead>
<tbody>
<tr>
<td>YELLOW ZONE</td>
<td>You’re having a flare-up. Take your yellow zone medicines to keep it from getting worse.</td>
</tr>
<tr>
<td>RED ZONE</td>
<td>You’re having a serious flare-up. Take your red zone medicines and get help now.</td>
</tr>
</tbody>
</table>

Discuss the plan every 3 to 6 months with your doctor or nurse.

Notes

If you have questions, please contact:

Doctor’s address printed here.

Share your Asthma Action Plan with others.