

The colors of a traffic light will help you use your asthma medicines. Pay attention to your symptoms.

erie ASTHMA ACTION PLAN



**GREEN, GO:
USE PREVENTATIVE
MEDICINES DAILY**

**YELLOW, CAUTION:
ADD MEDICINES LISTED**

**RED, DANGER: GET HELP
FROM A MEDICAL PROVIDER**

PATIENT	DATE OF BIRTH	TODAY'S DATE
PARENT/GUARDIAN	PARENT/GUARDIAN PHONE	CAN PATIENT SELF-MEDICATE? (Y/N)
PROVIDER	PROVIDER PHONE	PROVIDER SIGNATURE
EMERGENCY CONTACT	EMERGENCY PHONE	

GREEN ZONE: GO Use these preventative medicines every day.

YOU HAVE ALL OF THESE: <ul style="list-style-type: none"> Breathing is not strained No cough or wheezing Sleep through the night Can work or play 	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	<input type="checkbox"/> IF CHECKED, FOR ASTHMA WITH EXERCISE, 30 MINUTES BEFORE EXERCISE, PRETREAT WITH:		
	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT

YELLOW ZONE: CAUTION Continue with green zone medicine and add:

YOU HAVE ANY OF THESE: <ul style="list-style-type: none"> First sign of a cold Exposure to trigger(s) Coughing at night Mild wheezing Tight chest 	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	NEXT, CALL YOUR PROVIDER IF THERE IS NO IMPROVEMENT IN YOUR SYMPTOMS.		
	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	If quick reliever or yellow zone medicine is needed more than 2–3 times per week, call your medical provider.		

RED ZONE: DANGER Take these medicines and call your medical provider.

YOUR ASTHMA IS GETTING WORSE QUICKLY: <ul style="list-style-type: none"> Medicine is not helping within 15–20 minutes Breathing is hard and fast Lips and/or fingernails turn blue Trouble walking and talking Nose opens wide Ribs show 	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	as needed, and immediately call a medical provider/seek help		
	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
Get help from a medical provider now! Do not be afraid of causing a fuss. Your provider will want to see you right away. It is important! If you cannot contact your provider, go directly to your hospital's emergency department. DO NOT WAIT. Make an appointment with your primary care provider within two days of an emergency visit or hospitalization.			

ASTHMA TRIGGERS Mark/list items that trigger your asthma or make it worse.

- | | |
|--|--|
| <input type="checkbox"/> Chalk dust | <input type="checkbox"/> Ozone alert days |
| <input type="checkbox"/> Cigarette smoke | <input type="checkbox"/> Pests: rodents |
| <input type="checkbox"/> Colds/flu | <input type="checkbox"/> Pests: cockroaches |
| <input type="checkbox"/> Dust or dust mites | <input type="checkbox"/> Pets/animal dander |
| <input type="checkbox"/> Stuffed animals | <input type="checkbox"/> Plants, flowers |
| <input type="checkbox"/> Carpet | <input type="checkbox"/> Cut grass or pollen |
| <input type="checkbox"/> Sudden temp. change | <input type="checkbox"/> Odors, perfumes |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Cleaning products |
| <input type="checkbox"/> Mold | <input type="checkbox"/> Wood smoke |

FOOD	OTHER
FOOD	OTHER
FOOD	OTHER

Call 312-432-2674 to schedule an appointment for asthma education or support.

The Asthma Action Plan

The Asthma Action Plan is a tool that you can use every day. It is your personal guide to help you take care of your asthma. It is step by step instructions for:

- What to do when you have asthma triggers
- How to avoid triggers by following your doctor's recommendations

Who can use an Asthma Action Plan?

An Asthma Action Plan is for anyone who has asthma. It's a tool to keep at home as a daily reminder for when to take different asthma medications or how to manage your asthma symptoms if you get sick.

If you are a child with asthma, your school nurse may use your plan to help you manage your symptoms while you are at school. It can also be a helpful resource if someone else is taking care of you at home.

Who makes an Asthma Action Plan?

Your Asthma Action Plan is created by someone on your healthcare team, like a provider or Certified Asthma Educator.

When should I make or update my Asthma Action Plan?

Even if you are not having any symptoms, it's important to have a plan for what to do if you get symptoms. It is also important to update the plan once a year by meeting with your provider or certified asthma educator.



How to read your plan

The Asthma Action Plan uses three color zones to help you know what medication to take when you have specific symptoms. The zones are like the colors of a traffic light. The green zone is good. You should always try to stay in this zone. If you are in the yellow zone, take your medicine regularly to avoid getting to the red zone. If you are in the red zone, follow up with your medical provider as soon as possible.

Green is good.

Your goal is to stay in the green zone. Follow the instructions for medicines to take daily in this zone when your asthma is going well.

GREEN ZONE: GO Use these preventative medicines every day.			
YOU HAVE ALL OF THESE: <ul style="list-style-type: none"> • Breathing is not strained • No cough or wheezing • Sleep through the night • Can work or play PEAK FLOW LEVEL ABOVE:	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	<input type="checkbox"/> FOR ASTHMA WITH EXERCISE: 30 MINUTES BEFORE EXERCISE, PRETREAT WITH:		
	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT

If your symptoms get worse, go to the yellow zone.

Find the symptoms on the left side, then look to the right and follow the instructions. If no medicines are written, call your Erie asthma educator at 312-432-2674 to schedule an appointment to update your plan.

YELLOW ZONE: CAUTION Continue with green zone medicine and add:			
YOU HAVE ANY OF THESE: <ul style="list-style-type: none"> • First sign of a cold • Exposure to trigger(s) • Coughing at night • Mild wheezing • Tight chest AND/OR PEAK FLOW LEVELS FROM:	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	NEXT, CALL YOUR PROVIDER IF THERE IS NO IMPROVEMENT IN YOUR SYMPTOMS.		
	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	If quick reliever or yellow zone medicine is needed more than 2-3 times per week, call your medical provider.		

If your symptoms get worse, go to the red zone.

Find the symptoms on the left side, then look to the right, follow the instructions given by your medical provider, and call your provider right away.

RED ZONE: DANGER Take these medicines and call your medical provider.			
YOUR ASTHMA IS GETTING WORSE QUICKLY: <ul style="list-style-type: none"> • Medicine is not helping within 15-20 minutes • Breathing is hard and fast • Lips and/or fingernails turn blue • Trouble walking and talking • Nose opens wide • Ribs show AND/OR PEAK FLOW LEVELS BELOW:	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	as needed, and immediately call a medical provider/seek help		
	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
	Get help from a medical provider now! Do not be afraid of causing a fuss. Your provider will want to see you right away. It is important! If you cannot contact your provider, go directly to your hospital's emergency department. DO NOT WAIT. Make an appointment with your primary care provider within two days of an emergency visit or hospitalization.		

For more information, set up a free asthma education visit, or create your own personalized Asthma Action Plan, contact the Asthma Educator for Erie Family Health Centers at 312-432-2674.