

# 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:	
Parent'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:			
<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:			
CAUTION	Continue with green zone medicine and add:			
<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.			
DANGER	Take these medicines and call your doctor now.			
<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.