

Create an Asthma Action Plan

An ASTHMA PATIENT ACTION PLAN is a basic to controlling your asthma.

Green Means Go

Write down your...

1. Peak flow numbers which are in the normal range (80-100% of personal best)
2. Controller/preventive medications
 - Medications to take
 - How much to take
 - How often to take the medication
3. Symptoms when feeling good:
 - Breathing is good
 - No coughing or wheezing
 - Can work and play

Yellow Means Caution

Write down your...

1. Peak flow numbers between 60-80% of personal best.
2. Reliever medications
 - Medication to take
 - How much to take
 - How often to take the medication
3. Symptoms when not feeling good:
 - Coughing
 - Wheezing
 - Tight Chest
 - Waking Up at Night

Red Means Stop/Danger

Write down your...

1. Peak flow numbers that are less than 50% of your personal best
2. Reliever medications to take **UNTIL YOU GET TO MEDICAL CARE:**
 - Medication to take
 - How much to take
 - How often to take the medication
3. Symptoms causing you to **SEEK MEDICAL CARE IMMEDIATELY:**
 - Medicine is not helping
 - Breathing is hard and fast
 - Nostrils open wide
 - Can't walk/talk well
 - Confused
 - Ribs show
 - Fingernails/lips are blue
4. **IF YOU CAN'T GET TO MEDICAL CARE, CALL 911.**

You can get Asthma Patient Action Plan forms from your respiratory therapist or by contacting the Aberdeen Area Tribal Chairmen's Health Board, Asthma Health Educator.

Persons to share this asthma action plan with are: spouse, school nurse, coworkers, babysitter, family members, friends, and other significant persons in your life.

For more information, call or contact
Asthma Prevention Campaign
Northern Plains Tobacco Prevention Project
Aberdeen Area Tribal Chairmen's Health Board
www.aatchb.org/asthma/ or call 1-866-203-1039

