

# Asthma Action Plan

Name: \_\_\_\_\_

Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

Phone for Pediatric and Adolescent Center: **464-4357**

**ASTHMA TRIGGERS**  Colds  Exercise  Animals  Smoke  Dust  Food

Weather Changes  Other: \_\_\_\_\_

You can use the colors of a traffic light to help learn about your asthma medicines.



1. **Green** means **Go**.  
Use preventive medicine.
2. **Yellow** means **Caution**.  
Use quick-relief medicine.
3. **Red** means **Stop**.  
Call doctor **NOW!**

## 1. Green – Go

Use preventive medicine.

- Breathing is good
- No cough or wheeze
- Can work and play



<b>Medicine</b>	<b>How much to take</b>	<b>When to take it</b>
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\_\_\_\_\_

\_\_\_\_\_

20 minutes before sports, use this medicine:

\_\_\_\_\_

## 2. Yellow – Caution

Take rescue-relief medicine to keep an asthma attack from getting bad.



<b>Medicine</b>	<b>How much to take</b>	<b>When to take it</b>
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\_\_\_\_\_

**CALL THE DOCTOR: If you have ANY of the symptoms on the left more than 2 times a week**

## 3. Red – Stop – Danger

# CALL DOCTOR NOW! (315) 464-4357

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Can't walk
- Ribs show
- Can't talk well



Take these medicines until you talk with the doctor.

<b>Medicine</b>	<b>How much to take</b>	<b>When to take it</b>
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**CALL DOCTOR NOW!**  
**(315) 464-4357**

Flu vaccine: \_\_\_\_\_

PFT's: \_\_\_\_\_