

ASTHMA ACTION PLAN

DATE:

NAME:

PHONE #:

MY BEST PEAK FLOW READING WHEN I AM FEELING FINE IS:

GREEN (>80% Peak Flow)

BREATHING IS GOOD USE YOUR CONTROLLER MEDICINE EVERY DAY

- NO COUGH OR WHEEZE

- CAN WORK AND PLAY

Peak flow reading above

MEDICINE

HOW MUCH TO TAKE

WHEN TO TAKE IT

YELLOW (50-80% Peak Flow)

YOU ARE HAVING A FLARE-UP TAKE RESCUE (QUICK-RELIEF) MEDICINE.

and USE YOUR CONTROLLER MEDICINE EVERY DAY

-COUGH OR WHEEZE

-TIGHT CHEST

-WAKING UP AT NIGHT

Peak flow reading between And

MEDICINE

HOW MUCH TO TAKE

WHEN TO TAKE IT

Albuterol with spacer

2 puffs

Every 4 hours as needed

or nebulizer

1 ampule

Call the clinic at (617) 323-4440

If you get worse or do not get better go to the emergency room.

RED (<50% Peak Flow)

YOU ARE HAVING A SERIOUS FLARE-UP GET HELP FROM A DOCTOR NOW!

-RESCUE (QUICK RELIEF) MEDICINE NOT HELPING

-BREATHING HARD AND FAST

-CAN'T WALK OR TALK WELL

Peak flow reading below

MEDICINE

HOW MUCH TO TAKE

WHEN TO TAKE IT

Albuterol with spacer

2 puffs

or nebulizer

1 ampule

Go to the Emergency Room

IN CASE OF AN EMERGENCY, CALL 911