# ASTHMA ACTION PLAN

## GREEN ZONE:
**Doing Well**
- No coughing, wheezing, chest tightness, or difficulty breathing
- Can work, play, exercise, perform usual activities without symptoms
- OR
- Peak flow ____ to ____ (80% to 100% of personal best)

Take these medicines every day for control and maintenance:

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When and how often</th>
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## YELLOW ZONE:
**Caution/Getting Worse**
- Coughing, wheezing, chest tightness, or difficulty breathing
- Symptoms with daily activities, work, play, and exercise
- Nighttime awakenings with symptoms
- OR
- Peak flow ____ to ____ (50% to 80% of personal best)

CONTINUE your Green Zone medicines PLUS take these quick-relief medicines:

<table>
<thead>
<tr>
<th>Medicine</th>
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Call your doctor if you have been in the Yellow Zone for more than 24 hours.

Also call your doctor if: ____________________________

## RED ZONE:
**Alert!**
- Difficulty breathing, coughing, wheezing not helped with medications
- Trouble walking or talking due to asthma symptoms
- Not responding to quick relief medication
- OR
- Peak flow is less than ____ (50% of personal best)

FOR EXTREME TROUBLE BREATHING/SHORTNESS OF BREATH GET IMMEDIATE HELP!

Take these quick-relief medicines:

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CALL your doctor NOW.
GO to the hospital/emergency department or CALL for an ambulance NOW!

This information is for general purposes and is not intended to replace the advice of a qualified health professional. For more information on asthma, visit www.aaaai.org. © 2011 American Academy of Allergy, Asthma & Immunology