

This is to be filled out by your primary care provider.

BREATHING INSTITUTE

Asthma Action Plan

My name: _____

Healthcare provider: _____ Phone number: _____

My personal asthma goal(s): _____

My asthma gets worse around (triggers): _____

GREEN ZONE

Doing well



I feel good

I play, sleep, and go to school.

Breathing is easy. No coughing or wheezing.

I am using my quick relief medicine less than 2 times per week.

What should I do?

- Avoid my asthma triggers
- See my healthcare provider every 1 to 6 months for asthma check ups
- If needed, take 2-4 puffs of my quick relief inhaler at least 10 minutes before exercise
- Take my daily medicines to stay in control of my asthma

Controller medicines I should be taking every day for long-term control:

Name of Medicine	How Much	How Often
_____	_____	_____
_____	_____	_____

Quick Relief medicines I may need to take before running, jumping, playing, exercising, etc.

Name of Medicine	How Much	How Often
_____	_____	_____
_____	_____	_____

YELLOW ZONE

Caution



I don't feel good

I have trouble playing or sleeping.

I am coughing, wheezing, or having trouble breathing or speaking.

I am using my quick relief medicine more than 2 times per week.

What should I do?

- Continue taking my daily controller medicines and add quick relief medicine.
- If symptoms go away within 30 minutes, return to the Green Zone.
- Asthma symptoms can get worse fast. When in doubt, call your healthcare provider for advice.
- If symptoms are not getting better in 24 hours, continue quick relief every 4 hours and call your healthcare provider.

I will continue to take my Controller medicine, ALSO I need to take my Quick Relief medicine

Name of Medicine	How Much	How Often
_____	_____	_____
_____	_____	_____

RED ZONE

Medical alert!



I feel bad and need help

I cannot play, do activities, or sleep.

My cough or wheeze is not getting better.

I need my quick relief medicine more than every 4 hours.

I need my Quick Relief more than every four hours.

What should I do?

- Take your quick relief inhaler with spacer 4-6 puffs every **20 minutes** while you go to see a healthcare provider **right away**.
- You need help fast. Family or friends should **call 911** if your skin or lips turn blue, if you pass out from asthma, or if you cannot breathe.

Asthma

Asthma occurs when the airways in the lungs become inflamed (swollen) and constrict (become smaller), making breathing difficult. No two people with asthma are alike.

Asthma affects the airways in three ways:

- All people with asthma have inflammation (irritation and swelling) of the lining of the airways. When the airway lining is inflamed, there is less room for air to flow in and out.
- Bronchospasm is caused by a tightening of the muscles that surround the airways. This narrows the airway and prevents air from getting in or leaving the lungs.
- Extra mucus is produced and often blocks the airways.

Asthma triggers are anything that can make asthma worse. Each person has his or her own types of triggers. These include:

- Tobacco smoke
- Viral infections in the lungs (colds, flu)
- Exercise
- Perfumes and other strong odors
- Cold air
- Air pollution
- Weather/climate changes
- Pollens
- House dust
- Molds
- Animal dander
- Emotional triggers
- Allergies

Many people with asthma need a daily asthma controller medicine to manage symptoms and prevent flare-ups. The best asthma control medicine is an inhaled steroid because it treats the inflammation of the airways. This medicine must be taken as prescribed by your healthcare provider to keep asthma under control.

Tools for Managing Asthma

Partner with your Healthcare Provider Partner to manage your asthma and see them at least once a year.

Medicine:

1. Take your asthma control medicine every day as prescribed by your healthcare provider, whether you are having symptoms or not.
2. Use a quick relief medication such as albuterol to treat acute symptoms and to pretreat for exercise when that is a trigger. Your child should always have the quick relief medication at school and anywhere else he/she goes just in case of an asthma attack.

Tobacco smoke exposure:

3. Quit smoking: call the Colorado QuitLine (1-800-QUITNOW) and ask your healthcare provider about other resources to help you quit.
4. Keep the home and car smoke-free and avoid smoke exposure of any type.

Control the environment: recognize triggers and talk to your healthcare provider about ways to avoid them.

Written Asthma Action Plan: Ask your healthcare provider to complete an Asthma Action Plan to tell you what to do daily and what to do in case of an asthma flare-up.

Spirometry: Shows how well your lungs are functioning. This test should be done by your healthcare provider at least once a year.

Allergy tests: May show that you have allergies that trigger your asthma. It is important to identify allergy triggers, use medication as prescribed and try to avoid your allergic triggers.

