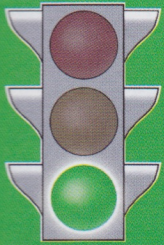


Asthma Action Plan

An asthma action plan will be given to you by your healthcare provider. Please make copies and give them to the people in your daily life. These may include family members, people at school or work, daycare providers, and others.

Green Light: GO



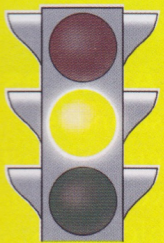
No Symptoms

- Peak flow numbers 80–100% of personal best
- Easy breathing
- No wheezing or cough
- Sleeping well
- Can play, work, or exercise

Action Plan

- Avoid your triggers.
- Know your early warning signs.
- Use your peak flow meter twice a day. During each session, do the test three times. Write down your highest number of the three.
- Take your medication as told by your healthcare provider. Controller medications need to be taken every day, even if you are feeling fine.
- Know how many puffs are left in your inhaler.
- Follow your asthma action plan.
- Don't stop this routine when you feel good and haven't had warning signs for a while. No warning signs means that your daily asthma routine is working. Remember, asthma is a lifelong condition. Controlling it takes work every day.

Yellow Light: SLOW DOWN



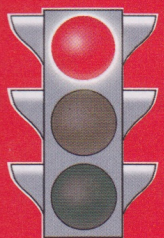
Warning Signs

- Peak flow numbers 50–80% of personal best
- Shortness of breath
- Wheezing or cough
- Waking at night
- Chest tightness
- Tire easily with exercise or play
- Signs of a cold

Action Plan

- Avoid your triggers.
- Watch for more warning signs and symptoms.
- Use your peak flow meter twice a day. During each session, do the test three times. Write down your highest number of the three.
- Take your medication as directed by your healthcare provider.
- Know how many puffs are left in your inhaler.
- Take your quick relief (rescue) meds as ordered.
- Follow your asthma action plan.
- Call your doctor if you're not improving.

Red Light: STOP!



Warning Signs

- Peak flow numbers less than 50% of personal best
- Medication not helping
- Fast, hard breathing
- Trouble breathing at rest
- Constant coughing or wheezing
- Can't talk in full sentences
- Ribs show while breathing
- Skin is blue, gray, or pale
- Nasal flaring (nostrils puff out)

Action Plan

- Take your quick relief (rescue) medication as ordered.
- Follow your asthma action plan.
- **Go to the hospital or doctor's office immediately or call 911.**
- Do not drive yourself. At least 2 people should go with you—one to care for you and one to drive.