

Date _____

Asthma Action Plan



Name _____

DCFS ID # _____

Medicaid ID # _____

Doctor: _____

Phone for doctor or clinic: _____

Phone for taxi or friend: _____

EMERGENCY: 911

**Always take this medicine
plan with you to the doctor,
clinic, or emergency room.**

1. Green – Go

Use preventive medicine.

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



| <u>Medicine</u> | <u>How much to take</u> | <u>When to take it</u> |
|-----------------|-------------------------|------------------------|
|-----------------|-------------------------|------------------------|

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

20 minutes before sports, use this medicine:

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
|-------|-------|-------|

Peak Flow Number _____
To _____

2. Yellow – Caution

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



Cough



Wheeze



Tight chest



Wake up at night

| <u>Medicine</u> | <u>How much to take</u> | <u>When to take it</u> |
|-----------------|-------------------------|------------------------|
|-----------------|-------------------------|------------------------|

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Peak Flow Number _____
To _____

3. Red – Stop – Danger

Get help from a doctor now!

Take these medicines until you talk with the doctor.
If you cannot reach your doctor go to the emergency room.

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



| <u>Medicine</u> | <u>How much to take</u> | <u>When to take it</u> |
|-----------------|-------------------------|------------------------|
|-----------------|-------------------------|------------------------|

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
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| _____ | _____ | _____ |
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Peak Flow Number _____
To _____