What is An Asthma Action Plan?

The asthma action plan (also called a management plan) is a written plan that you develop with your doctor to help control your asthma. The plan outlines your daily treatment, such as what kind of medicines to take and when to take them. Your plan describes how to control asthma long term and how to handle worsening asthma symptoms. The plan also explains when to call the doctor or go to the emergency room.

Who Should Have an Asthma Action Plan?

All people with asthma should have an asthma action plan.

What is a Peak Flow Meter?

A peak flow meter is a device that measures how well the lungs are working.

The meter has numbers on it — kind of like a ruler. When you blow into the meter, a marker slides up the meter to show how much air you were able to get out.

Triggers That Could Cause Asthma Symptoms to Flare

- Mold
- Pollen
- Dust Mites
- Animal Dander
- Tobacco Smoke
- Cockroaches
- Viruses
- Alcoholic Beverages
- Cleaning Products
- Fragrances

Asthma symptoms may include coughing, chest tightness, wheezing, difficulty sleeping and trouble breathing

visit www.asthma.dhh.louisiana.gov
to download an additional Asthma Action Plan

DEPARTMENT OF HEALTH AND HOSPITALS
Asthma Regional Coalition

A Lifesaving Tool for Louisianians Living with Asthma

DEPARTMENT OF HEALTH AND HOSPITALS

Asthma Action Plan

Patient _____ DOB _____ Date _____

Emergency Contact _____ Phone _____

Healthcare Provider _____ Signature _____

Provider's Phone (Day/Night) _____ / _____

Patient / Student Signature _____ Parent _____

☐ **For Exercise:** 20 minutes before take: ☐ 2 puffs ☐ 4 puffs ☐ Albuterol (ProAir, Proventil, Ventolin) ☐ Levalbuterol (Xopenex)

The colors of a traffic light will help You use your asthma medicine.

Green means **Go Zone!** Use controller medicine.

Yellow means **Caution Zone!** Add quick-relief medicine.

Red means **Danger Zone!** Get help from a doctor.

Green = Go Zone

Use CONTROLLER Medications EVERY DAY and Avoid Asthma Triggers

You have ALL of these:

- Breathing is good
- No cough or wheeze
- Can work and play
- Sleep through the night

If peak flow meter used:
Peak flow greater than _____
above 80% of personal best

Personal best peak flow = _____

Controller Medication	How Much to Take	How Often

Rinse mouth or brush teeth after using Controller Medication

Yellow = Caution Zone

Getting Worse! Add QUICK RELIEVER Medication

You have ANY of these:

- Cough
- Mild wheeze
- Tight Chest
- Waking at night due to asthma
- First sign of a cold
- Exposure to known trigger
- Can do some, but not all usual activities

This is not where you should be every day. Take action to get your asthma under control.

If peak flow meter used:
_____ to _____
(50% to 80% of personal best)

Continue DAILY Green Zone Controller Medications and ADD QUICK-RELIEVER:

☐ Albuterol (ProAir, Proventil, Ventolin) ☐ Levalbuterol (Xopenex)

☐ 2 puffs ☐ 4 puffs ☐ 1 nebulizer treatment

If better in 20 minutes, continue Quick-Reliever every 4-6 hours for 1-2 days and

☐ Change controller: _____ for _____ days

If not improving:

☐ Take oral steroid _____ for _____ days

☐ Call your provider at ☐ 24 hours ☐ 48 hours

If getting worse or not better by 1 hour, use Red Zone plan

Red = Danger Zone

Take these Medicines and GET HELP NOW

Your asthma is bad

- Medicine is not helping within 10 to 20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Trouble walking
- Trouble talking

If peak flow meter used:
Peak flow below: _____
(below 50% of personal best)

Use QUICK RELIEVER

☐ 2 puffs ☐ 4 puffs ☐ 6 puffs ☐ 1 nebulizer treatment

If not better in 20 minutes, repeat quick reliever while going to the hospital or provider's office - dial 911 if necessary

My Asthma Triggers:

☐ Colds ☐ Smoke ☐ Weather ☐ Food ☐ Grass/Trees ☐ Cockroach Particles
☐ Exercise ☐ Dust ☐ Air Pollution ☐ Animals ☐ Mold ☐ Fragrances
☐ Alcoholic Beverages ☐ Other _____

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