



Asthma Action Plan

Name: _____ Date of action plan: _____

Emergency contact's name: _____ Contact's phone number: _____

Doctor: _____ Doctor's phone number: _____

To manage your asthma, you need to:

- Keep track of your symptoms
- Take your medicine the right way
- Use your peak flow meter daily

Your peak flow readings are like a guide. They tell you how you're doing. Is your asthma flaring up? Turn to your action plan. Use the tips for treating your asthma symptoms.

Work with your doctor to fill in your peak flow readings and actions you should take for each zone.

● Green Zone: "Go..."

- Your breathing should be good and you can do your usual activities.
- You have no cough, wheezing or chest tightness.

Your Green Zone peak flow reading is: _____ or more. (80% or more of your personal best)

Action: Take your usual daily asthma controller medicines. This will help you avoid symptoms.

Green Zone medicines:

Name of medicine	How much to take	When to take it

● Yellow Zone: "Be Careful..."

- Your peak flow reading has dropped.
- You are unable to do some of your usual activities.

- You may have symptoms such as coughing, a tight chest, or wheezing.
- You also may be waking up at night.

Your Yellow Zone peak flow reading is: _____ to _____. (50-79% of your personal best)

Action: Take the medicines you listed in the Green Zone. Plus, it's time to start taking your quick-relief medicine. If your symptoms do not improve in _____ days, call your doctor.

Yellow Zone medicines:

Name of medicine	How much to take	When to take it

● Red Zone: "Danger!"

- Your peak flow reading is very low.
- You may have symptoms such as hard and fast breathing.
- You may feel no relief from your medicines.

- You may not be able to talk well.
- Your ribs might be showing more than usual.
- You may have problems walking.

Your Red Zone peak flow reading is: _____ or less. (less than 50% of your personal best)

Action: Take the medicines you listed in the Yellow Zone. Contact your doctor NOW. Can't reach your doctor but still have symptoms? Call 911 or have someone take you to the emergency room now.

Notes: _____

What causes your asthma attacks?

Triggers are things that can cause asthma attacks. What are your triggers? If you know them, you may be able to avoid them. Or, you can plan ahead and take medicine that can help.

- Animal dander (dogs, cats, other animals)**
 - Remove the pet, if possible. Or, keep the pet out of the bedroom.
 - Are you going to a place where there are animals? Take your medicine before you go.
- Indoor mold**
 - Don't use a "tank" type of humidifier.
 - Make sure bathrooms, bedrooms and kitchens get plenty of air.
- House dust mites**
 - Put mattresses and pillows in airtight covers.
 - Wash bedding once a week. This includes sheets, blankets, etc. Wash in hot water.
- Pollen and pollutants**
 - Stay indoors when the pollen count is high.
 - Use air conditioning, if possible.
 - Stay away from wet leaves.
- Strong smells (perfumes, paint, sprays)**
- Smoke (tobacco, wood burning)**
- Weather changes or very cold air**
- Crying, laughing, yelling**
- Aspirin or other medicines**
- Exercising**
 - Swimming
 - Soccer
 - Walking
 - Baseball
 - Running
 - Bicycling
 - Basketball

How to keep your asthma under control

Asthma is a chronic disease. That means it's always there. That's why an Action Plan is so important. It helps you understand your treatment. And, it helps you know what to do when you have symptoms.

- Make an action plan with your doctor.**
 - Learn how to use a peak flow meter. Your doctor can show you.
 - Know what your "personal best" peak flow reading is.
 - Take a peak flow reading at least once a day.
 - Take your medicines just the way your doctor tells you to.
 - Know what to do when you get symptoms. (When to take quick-relief medicines, when to call the doctor, when to get emergency help.)
 - Carry a quick-relief inhaler with you at all times.
- Make an asthma diary. It can be a simple notebook.**
 - Write down your peak flow meter readings each day. Also write down your symptoms.
 - Bring your diary to your doctor visits.
- Don't miss any doctor appointments.**
- Ask your doctor questions. Write down the orders or tips your doctor gives you.**
- Keep your action plan up to date.**

Do you have an Action Plan? If not, talk with your doctor about making one. It's one of the best things you can do for your health.

Additional informational resources:

National Heart, Lung, and Blood
Institute Information Center

www.nhlbi.nih.gov | 1-301-592-8573

American Academy of Allergy, Asthma
and Immunology

www.aaaai.org | 1-800-822-ASMA (1-800-822-2762)

American Lung Association

www.lungusa.org | 1-800-LUNG-USA
(1-800-586-4872)

Asthma and Allergy Foundation of America

www.aafa.org | 1-800-7-ASTHMA (1-800-727-8462)

National Jewish Health

www.njc.org | 1-800-222-LUNG (1-800-222-5864)

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