

# Massachusetts Adult Asthma Action Plan

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Drug allergies: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor/nurse: \_\_\_\_\_ Phone: \_\_\_\_\_

Needs flu shot \_\_\_\_\_

Your personal best peak flow: \_\_\_\_\_

Avoid things that make your asthma worse: \_\_\_\_\_

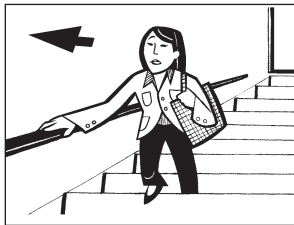
Date: _____
Next visit: _____
Prepared by: _____
Bring this plan to every visit

## greenzone-go

### Take these medicines to control your asthma

Medicine	How much	When

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can perform usual daily activities
- This is how you should feel every day



Peak flow (100%-80%) from \_\_\_\_\_ to \_\_\_\_\_

## yellowzone-caution

### Take these medicines to get your asthma under control

Medicine	How much	When	How long

- Cough
- Mild wheeze
- Tight chest
- Trouble breathing
- Wake up at night
- First signs of a cold



Peak flow (80%-50%) from \_\_\_\_\_ to \_\_\_\_\_

- Continue "green zone" controller medicines
- Use a spacer with \_\_\_\_\_

If symptoms do not improve within \_\_\_\_\_ hours, call your doctor/nurse. Let your doctor/nurse know if you keep going into the yellow zone. The green zone medicines may need to be changed to keep other episodes from starting.

## redzone-danger

### Take action right away

**Take these medicines now AND then call your doctor/nurse right away!**

Medicine	How much	How long

- Breathing hard & fast
- Difficulty walking and talking
- Working hard to breathe



Peak flow (less than 50%) \_\_\_\_\_

**DANGER SIGNS- Call 911 or go to the nearest emergency room if:**

- Lips or fingernails are blue
- You are struggling to breathe
- You do not feel any better 15 minutes after you start the red zone medicines and you have not reached your doctor/nurse

**Contact your doctor/nurse within two days of an emergency room visit or hospitalization.**

Make copies of this plan for: patient and provider.