

# A.S.M.A. (ASTHMA Self-Management Action) Plan

A.S.M.A. plan for \_\_\_\_\_ Doctor's name \_\_\_\_\_ Date \_\_\_\_\_  
Doctor's phone number \_\_\_\_\_ After hours \_\_\_\_\_ Hospital/emergency room phone number \_\_\_\_\_

## GREEN ZONE: DOING WELL TAKE THESE LONG-TERM-CONTROL MEDICINES EACH DAY

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

MEDICINE:	HOW MUCH TO TAKE:	WHEN TO TAKE IT:
_____	_____	_____
_____	_____	_____
_____	_____	_____

Goal peak flow: \_\_\_\_\_

Before exercise, take \_\_\_\_\_  2 or  4 puffs, 5 to 60 minutes before exercise

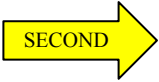
## YELLOW ZONE: ASTHMA IS GETTING WORSE

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities



**Add: Quick-Relief Medicine – and keep taking your GREEN ZONE medicine**  
\_\_\_\_\_  2 or  4 puffs, every 20 minutes for up to 1 hour  
(short-acting B2 – agonist)  nebulizer, once

-Or-  
**Peak flow:** \_\_\_\_\_ to \_\_\_\_\_  
(50% to 80% of my best peak flow)



**If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:**  
 Take the quick-relief medicine every 4 hours for 1 to 2 days  
 Double the dose of your inhaled steroid for \_\_\_\_\_ days  
(7 to 10)  
-Or-  
**If your symptoms (and peak flow, if used) DO NOT return to GREEN ZONE after 1 hour of above treatment:**  
 Take: \_\_\_\_\_  2 or  4 puffs or  nebulizer  
(short-acting B2 – agonist)  
 Add: \_\_\_\_\_ mg per day for \_\_\_\_\_ days  
(oral steroid) (3 to 10)  
 Call the doctor  before /  within \_\_\_\_\_ hours after taking the oral steroid

## RED ZONE: MEDICAL ALERT!!!

- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or worse after 24 hours in Yellow Zone

-Or-  
**Peak flow:** less than \_\_\_\_\_  
(50% of my best peak flow)

**TAKE THIS MEDICINE:**  
 \_\_\_\_\_  4 or  6 puffs or  nebulizer  
(short-acting B2 – agonist)  
 \_\_\_\_\_ mg  
(oral steroid)

**THEN CALL YOUR DOCTOR NOW.** Go to the hospital or call for an ambulance if:  
 You are still in the red zone after 15 minutes AND  
 You have not reached your doctor

## DANGER SIGNS:

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue
- Take  4 or  6 puffs of your quick-relief medicine AND
- Go to the hospital or call for an ambulance (\_\_\_\_\_) NOW!

People who should have a copy of my A.S.M.A. plan: spouse, school nurse, coworkers, babysitter, family members/friends