



My Asthma Action Plan For Home and School

Name: _____ DOB: ____ / ____ / ____

Severity Classification: Intermittent Mild Persistent Moderate Persistent Severe Persistent

Asthma Triggers (list): _____

Peak Flow Meter Personal Best: _____

Green Zone: Doing Well

Symptoms: Breathing is good – No cough or wheeze – Can work and play – Sleeps well at night

Peak Flow Meter _____ (more than 80% of personal best)

Control Medicine(s)	Medicine	How much to take	When and how often to take it	Take at
	_____	_____	_____	<input type="checkbox"/> Home <input type="checkbox"/> School
	_____	_____	_____	<input type="checkbox"/> Home <input type="checkbox"/> School

Physical Activity Use Albuterol/Levalbuterol ____ puffs, 15 minutes before activity with all activity when you feel you need it

Yellow Zone: Caution

Symptoms: Some problems breathing – Cough, wheeze, or tight chest – Problems working or playing – Wake at night

Peak Flow Meter _____ to _____ (between 50% and 79% of personal best)

Quick-relief Medicine(s) Albuterol/Levalbuterol ____ puffs, every 4 hours as needed

Control Medicine(s) Continue Green Zone medicines

Add _____ Change to _____

You should feel better within 20–60 minutes of the quick-relief treatment. If you are getting worse or are in the Yellow Zone for more than 24 hours, THEN follow the instructions in the RED ZONE and call the doctor right away!

Red Zone: Get Help Now!

Symptoms: Lots of problems breathing – Cannot work or play – Getting worse instead of better – Medicine is not helping

Peak Flow Meter _____ (less than 50% of personal best)

Take Quick-relief Medicine NOW! Albuterol/Levalbuterol ____ puffs, _____ (how frequently)

Call 911 immediately if the following danger signs are present:

- Trouble walking/talking due to shortness of breath
- Lips or fingernails are blue
- Still in the red zone after 15 minutes

School Staff: Follow the Yellow and Red Zone instructions for the quick-relief medicines according to asthma symptoms.

The only control medicines to be administered in the school are those listed in the Green Zone with a check mark next to “Take at School”.

Both the Healthcare Provider and the Parent/Guardian feel that the child has demonstrated the skills to carry and self-administer their quick-relief inhaler, including when to tell an adult if symptoms do not improve after taking the medicine.

Healthcare Provider

Name _____ Date _____ Phone (____) ____ - _____ Signature _____

Parent/Guardian

I give permission for the medicines listed in the action plan to be administered in school by the nurse or other school staff as appropriate.

I consent to communication between the prescribing health care provider or clinic, the school nurse, the school medical advisor and school-based health clinic providers necessary for asthma management and administration of this medicine.

Name _____ Date _____ Phone (____) ____ - _____ Signature _____

School Nurse

The student has demonstrated the skills to carry and self-administer their quick-relief inhaler, including when to tell an adult if symptoms do not improve after taking the medicine.

Name _____ Date _____ Phone (____) ____ - _____ Signature _____

Please send a signed copy back to the provider listed above.

1-800-LUNGUSA | Lung.org

ASTHMA ACTION PLAN


For: _____ Doctor: _____ Date: _____

Doctor's Phone Number: _____ Hospital/Emergency Department Phone Number: _____

GREEN ZONE	DOING WELL	Daily Medications		
	<ul style="list-style-type: none"> No cough, wheeze, chest tightness, or shortness of breath during the day or night Can do usual activities <p>And, if a peak flow meter is used, Peak flow: more than _____ (80 percent or more of my best peak flow) My best peak flow is: _____</p>	Medicine	How much to take	When to take it
		_____	_____	_____
		_____	_____	_____
		_____	_____	_____
		_____	_____	_____
	Before exercise	<input type="checkbox"/> _____	<input type="checkbox"/> 2 or <input type="checkbox"/> 4 puffs	5 minutes before exercise

YELLOW ZONE	ASTHMA IS GETTING WORSE	Add: quick-relief medicine—and keep taking your GREEN ZONE medicine.		
	<ul style="list-style-type: none"> Cough, wheeze, chest tightness, or shortness of breath, or Waking at night due to asthma, or Can do some, but not all, usual activities <p>-Or- Peak flow: _____ to _____ (50 to 79 percent of my best peak flow)</p>	1st →	_____ Number of puffs (quick-relief medicine) or <input type="checkbox"/> Nebulizer, once	Can repeat every _____ minutes up to maximum of _____ doses
		2nd →	If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:	
			<input type="checkbox"/> Continue monitoring to be sure you stay in the green zone.	
			-Or-	
			If your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:	
			<input type="checkbox"/> Take: _____ Number of puffs or <input type="checkbox"/> Nebulizer (quick-relief medicine)	
			<input type="checkbox"/> Add: _____ mg per day For _____ (3-10) days (oral steroid)	
			<input type="checkbox"/> Call the doctor <input type="checkbox"/> before/ <input type="checkbox"/> within _____ hours after taking the oral steroid.	

RED ZONE	MEDICAL ALERT!	Take this medicine:		
	<ul style="list-style-type: none"> Very short of breath, or Quick-relief medicines have not helped, Cannot do usual activities, or Symptoms are same or get worse after 24 hours in Yellow Zone <p>-Or- Peak flow: less than _____ (50 percent of my best peak flow)</p>	<input type="checkbox"/> _____ (quick-relief medicine)	_____ Number of puffs or <input type="checkbox"/> Nebulizer	
		<input type="checkbox"/> _____ mg (oral steroid)		
		Then call your doctor NOW. Go to the hospital or call an ambulance if:		
		<ul style="list-style-type: none"> You are still in the red zone after 15 minutes AND You have not reached your doctor. 		

DANGER SIGNS	<ul style="list-style-type: none"> Trouble walking and talking due to shortness of breath Lips or fingernails are blue 		<ul style="list-style-type: none"> Take _____ puffs of _____ (quick relief medicine) AND Go to the hospital or call for an ambulance _____ NOW! (phone)
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See the reverse side for things you can do to avoid your asthma triggers.

HOW TO CONTROL THINGS THAT MAKE YOUR ASTHMA WORSE

This guide suggests things you can do to avoid your asthma triggers. Put a check next to the triggers that you know make your asthma worse and ask your doctor to help you find out if you have other triggers as well. Keep in mind that controlling any allergen usually requires a combination of approaches, and reducing allergens is just one part of a comprehensive asthma management plan. Here are some tips to get started. These tips tend to work better when you use several of them together. Your health care provider can help you decide which ones may be right for you.

ALLERGENS

Dust Mites

These tiny bugs, too small to see, can be found in every home—in dust, mattresses, pillows, carpets, cloth furniture, sheets and blankets, clothes, stuffed toys, and other cloth-covered items. If you are sensitive:

- Mattress and pillow covers that prevent dust mites from going through them should not be used alone; consider using them along with air filtration or carpet removal.
- Consider reducing indoor humidity to below 60 percent. Dehumidifiers or central air conditioning systems can do this.

Cockroaches and Rodents

Pests like these leave droppings that may trigger your asthma. If you are sensitive:

- Consider an integrated pest management plan.
- Keep food and garbage in closed containers to decrease the chances for attracting roaches and rodents.
- Use poison baits, powders, gels, or paste (for example, boric acid) or traps to catch and kill the pests.
- If you use a spray to kill roaches, stay out of the room until the odor goes away.

Animal Dander

Some people are allergic to the flakes of skin or dried saliva from animals with fur or hair. If you are sensitive and have a pet:

- Consider keeping the pet outdoors.
- Try limiting to your pet to commonly used areas indoors.

Indoor Mold

If mold is a trigger for you, you may want to:

- Explore professional mold removal or cleaning to support complete removal.
- Wear gloves to avoid touching mold with your bare hands if you must remove it yourself.
- Always ventilate the area if you use a cleaner with bleach or a strong smell.

Pollen and Outdoor Mold

When pollen or mold spore counts are high you should try to:

- Keep your windows closed.
- If you can, stay indoors with windows closed from late morning to afternoon, when pollen and some mold spore counts are at their highest.
- If you do go outside, change your clothes as soon as you get inside, and put dirty clothes in a covered hamper or container to avoid spreading allergens inside your home.
- Ask your health care provider if you need to take or increase your anti-inflammatory medicine before the allergy season starts.

IRRITANTS

Tobacco Smoke

- If you smoke, visit smokefree.gov or ask your health care provider for ways to help you quit.
- Ask family members to quit smoking.
- Do not allow smoking in your home or car.

Smoke, Strong Odors, and Sprays

- If possible, avoid using a wood-burning stove, kerosene heater, or fireplace. Vent gas stoves to outside the house.
- Try to stay away from strong odors and sprays, such as perfume, talcum powder, hair spray, and paints.

Vacuum Cleaning

- Try to get someone else to vacuum for you once or twice a week, if you can. Stay out of rooms while they are being vacuumed and for a short while afterward.
- If you must vacuum yourself, using high efficiency particulate air-filtration (HEPA) filter vacuum cleaners may be helpful.

Other Things That Can Make Asthma Worse

- Sulfites in foods and beverages: Do not drink beer or wine or eat dried fruit, processed potatoes, or shrimp if they cause asthma symptoms.
- Cold air: Cover your nose and mouth with a scarf on cold or windy days.
- Other medicines: Tell your doctor about all the medicines you take. Include cold medicines, aspirin, vitamins and other supplements, and nonselective beta-blockers (including those in eye drops).



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For more information and resources on asthma,
visit nhlbi.nih.gov/BreatheBetter.

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