

My Personal ASTHMA ACTION PLAN

FOLLOW THIS PLAN EVERY DAY TO CONTROL YOUR ASTHMA
AND KNOW WHAT TO DO WHEN SYMPTOMS CHANGE.

Name: _____
Date of Birth: _____
Created: _____
Last Reviewed: _____
Next Follow-Up: _____



MY CONTROLLER INHALER

(Take every day, even when you feel well)

Name: _____

Dose: _____



MY RESCUE INHALER (Use for quick relief)

Name: _____

Dose: _____



GREEN ZONE – Asthma Is Under Control

You have all of the following:

You feel good and:

- No cough, wheeze, chest tightness, or shortness of breath
- Can do usual activities
- Sleep well at night
- Do not need your rescue inhaler (or very rarely)



Take these steps every day:

1. Take your controller inhaler every day.

Medication	Strength (Dose)	How Much	How Often	How to Take It

2. Before Exercise (if prescribed): _____



Keep taking your controller inhaler every day to keep your asthma under control.



YELLOW ZONE – Asthma Is Getting Worse

You have any of the following:

You may notice:

- Cough, wheeze, chest tightness, or shortness of breath
- Waking at night due to asthma symptoms
- Symptoms limiting some daily activities
- Needing your rescue inhaler more than usual



Take these steps:

- Take extra doses of your rescue inhaler as needed for symptom relief.
- Continue taking your controller inhaler every day.

My Rescue Inhaler: _____

How I Use It When My Asthma Gets Worse: _____



Seek medical care if you are not improving after 2–3 days, or if you need your rescue inhaler much more often than usual.



If symptoms persist or worsen over 2–3 days despite the above steps:

- Contact your healthcare provider.
- Your provider may prescribe a short course of oral corticosteroids.



RED ZONE – Medical Emergency

This is a medical emergency if:

- Rescue inhaler is not helping within 15–20 minutes
- Symptoms are severe and getting worse fast
- Difficulty walking or talking due to shortness of breath
- Lips or fingernails are blue or gray



Take these steps immediately:

1. Take _____ puffs of your rescue inhaler immediately.
2. Call 911 or go to the nearest emergency department immediately.

911

While waiting for emergency help:

- Continue to take up to _____ puffs of your rescue inhaler every 20 minutes (up to 3 times).
- Stay calm and sit upright.
- Do NOT lie down.



STEROID INSTRUCTIONS

(if prescribed during an asthma exacerbation)

Medication: _____

Dose: _____

How to Take It: _____

When to Start It: _____

Other Instructions: _____



ALLERGY MEDICATIONS

(if applicable)

Medication: _____

Dose: _____

How Often: _____



PROVIDER CONTACT

If your symptoms are worsening but are not an emergency, contact:

Karen Carter, APRN, FNP-C
407-867-1758



Always carry your rescue inhaler with you.



Review this plan with your provider at every visit.



Check your inhaler technique regularly.



Replace inhalers before they run out.



Get your flu vaccine every year.

Bring this plan to every appointment and keep it somewhere you can see it every day.



You are not alone. We are here to help you breathe easier and live well.

