

Asthma Action Plan

Name: _____

Doctor: _____ Date: _____

Phone for doctor or clinic: _____

Emergency 911 or: _____

My best peak flow reading is: _____

1. Green

Use control medicine every day.

Breathing is good.

- No cough or wheeze
- Can work and play

Peak flow above

Medicine

How much to take

When to take it

2. Yellow

Take quick-relief medicine when you have a flare-up.

You are having a flare-up.

- Cough or wheeze
- Tight chest
- Waking up at night

Peak flow between
_____ and _____

Medicine

How much to take

When to take it

3. Red

Get help from a doctor now!

Your asthma is out of control.

- Quick-relief medicine isn't helping
- Breathing hard and fast
- Can't walk or talk well

Peak flow below

Medicine

How much to take

When to take it

Notes

This information is not intended as a substitute for professional medical care. Always follow your healthcare provider's instructions.

Adapted from National Institutes of Health. *Global Initiative for Asthma*. January 1995. Publication no. 95-3659.

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