

# Asthma Action Plan/Peak Flow Numbers

Develop an Asthma Action Plan with your doctor. An Asthma Action Plan can help you manage your asthma symptoms. It is based on your symptoms and peak flow numbers, which you use to find your "zone." Your doctor will write the medicine to take in each zone.

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

Doctor: \_\_\_\_\_

Phone for doctor or clinic: \_\_\_\_\_

Emergency: Call 911

My best peak flow reading when I am feeling fine is: \_\_\_\_\_

## Green

Breathing is good. Medicine How much to take When to take it

- No cough or wheeze
- Can work and play

Peak flow reading above \_\_\_\_\_

## Yellow

You are having a flare-up. Medicine How much to take When to take it

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

Peak flow reading between \_\_\_\_\_

and \_\_\_\_\_

## Red

**Get help from a doctor now!**

You are having a serious flare-up. Medicine How much to take

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

Peak flow reading below \_\_\_\_\_

When to take it