

My asthma triggers:

Use the space below to take notes or to list things that make your asthma worse. Make note of how you can eliminate, reduce, or avoid triggers.



Name:

Date of Birth:

Peak Flow Meter Personal Best:

Severity Classification:

- Intermittent
- Mild Persistent
- Moderate Persistent
- Severe Persistent

Emergency Contact:

For additional asthma resources:
health.mn.gov/asthma
health.asthma@state.mn.us
651-201-5909



ASTHMA ACTION PLAN
Fill this in with your medical provider.

A graphic for an Asthma Action Plan. It features a central illustration of human lungs in purple and pink, surrounded by green leafy branches. The background is a solid yellow color. Below the illustration, the text 'ASTHMA ACTION PLAN' is written in large, bold, purple letters, and 'Fill this in with your medical provider.' is written in smaller black text below it.

Name:



1. Doing Well

GREEN ZONE

SYMPTOMS:

- Breathing is good
- No coughing or wheezing
- Able to work and play
- Sleeping well at night

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

CONTROL MEDICINE(S):

Medicine 1:

How much to take:

When and how often:

Medicine 2:

How much to take:

When and how often:

PHYSICAL ACTIVITY:

Use Albuterol/Levalbuterol _____ puffs,
15 minutes before activity:

- with all activity
- when you feel you need it

VACCINES:

Discuss which vaccines are needed for you
with your provider:

2. Caution

YELLOW ZONE

SYMPTOMS:

- Some problems breathing
- Cough, wheeze, or tight chest
- Problems working or playing
- Wake at night

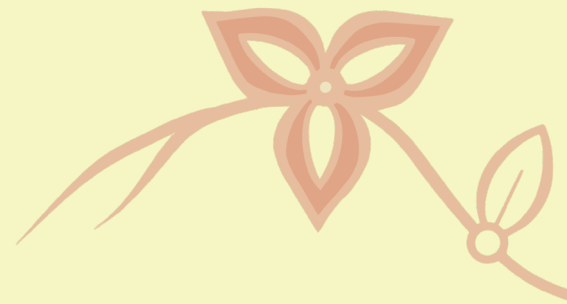
Peak Flow Meter: _____ to _____
(between 50-79% of personal best)

QUICK RELIEF MEDICINE(S):

- Use Albuterol/Levalbuterol _____ puffs,
every 20 minutes (up to 4 hours) as needed.
- Continue “Green Zone” medicines
- Add: _____
- Change to: _____

**You should feel better within 20-60 minutes
of using the quick-relief treatment.**

**If you are getting worse or are in this
“Yellow Zone” for more than 24 hours,
THEN follow the instructions at the top
of the “Red Zone” and call a doctor right
away!**



3. Get Help Now!

RED ZONE

SYMPTOMS:

- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not working

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

QUICK RELIEF MEDICINE NOW!

Use Albuterol/Levalbuterol _____ puffs, at
a frequency of _____.

**IF “RED ZONE” SYMPTOMS
LAST MORE THAN 15 MINUTES,
OR YOU HAVE THE BELOW
SYMPTOMS:**

- Trouble walking/talking due to
shortness of breath
- Lips or fingernails are blue

CALL 911 IMMEDIATELY.