

Asthma Action Plan

Complete this form with your doctor at your next visit.
Make copies for anyone who will need this information to help you control your asthma.

Name: _____ Date: _____

Emergency contact name: _____ Emergency contact phone number: _____

Personal best peak flow: _____

GREEN Use controller medication as directed by your doctor

Peak flow number

80 percent or more of personal best or

**You are not experiencing any asthma symptoms.
Asthma does not get in the way of work, school, or sleep.**

Medicine name	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____

YELLOW Use quick-relief medication to control an asthma attack

Peak flow number

Between 50 to 79 percent of personal best or

_____ to _____

Symptoms include:

- Coughing
- Tight chest
- Waking up at night
- Shortness of breath
- Wheezing

Medicine name	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____

RED Call your doctor or 911

Peak flow number

Between 0 to 50 percent of personal best or _____

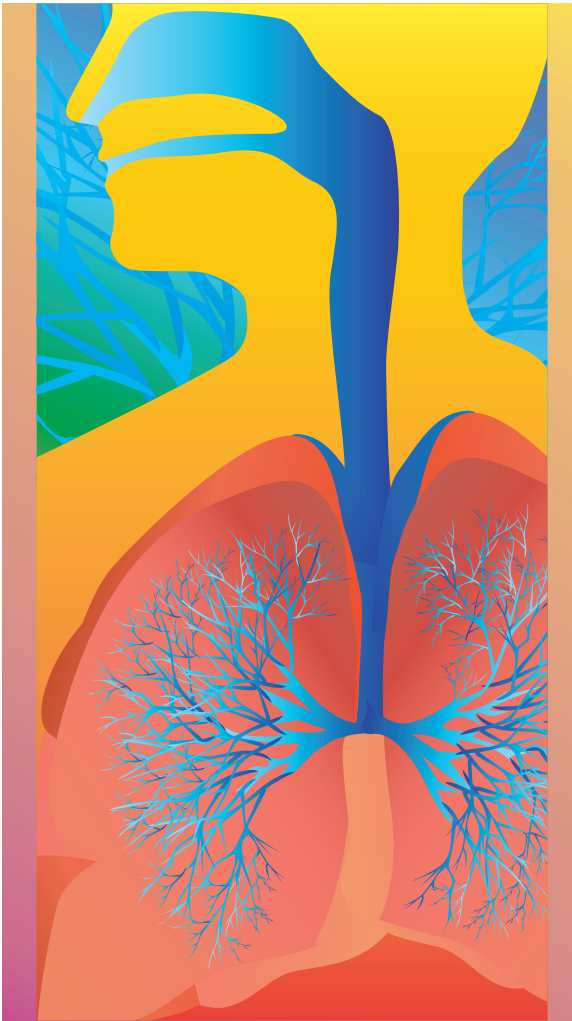
Call your doctor if:

- Medicine is not helping
- Constant coughing or wheezing
- Symptoms start suddenly at night
- Trouble breathing at rest

Call 911 if:

- Severe difficulty breathing
- Blue lips or fingernails
- Too short of breath to walk across a room

Medicine name	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____



What is asthma?

Asthma is a lung disease in which the airways of the lungs get swollen or blocked and it becomes difficult to breathe. Living with asthma can be hard, but you can feel good. Learn how to stop asthma symptoms and what to do if you feel any symptoms.

How can I take care of my asthma?

- Check your breathing with a peak flow meter every day.
- Know the right way to take your asthma medicine.
- Avoid triggers - things that can make your asthma worse.
- Exercise the right way so you can feel healthier.
- Keep track of your symptoms and your peak flow readings.



Triggers

Interactions with different things can trigger your asthma. You can control your asthma by knowing what triggers your asthma. Check the boxes next to your triggers.

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Dust mites | <input type="checkbox"/> Animals | <input type="checkbox"/> Weather | <input type="checkbox"/> Mold |
| <input type="checkbox"/> Pollen | <input type="checkbox"/> Dust | <input type="checkbox"/> Cigarette smoke | <input type="checkbox"/> Air pollution |
| <input type="checkbox"/> Illness (i.e., cold, flu) | <input type="checkbox"/> Strenuous activities | <input type="checkbox"/> Dry, cold air | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Hormones | <input type="checkbox"/> Fragrances | | |

Do you have other triggers that are not listed above? Write them down below.

Who can I call with questions?

Talk to your doctor about any problems or questions you have about your asthma and asthma medications. For more information call Providence Health Plan Case & Disease Management at 503-574-7247, toll free 1-800-662-1121 or TTY: 711 (for the hearing impaired).