



# Asthma Action Plan


The colors of a traffic light will help you use your asthma medicines.

Name \_\_\_\_\_

Doctor's Office Phone #:  
541-HUG-KIDS or 541-484-5437

 **Green** means **Go Zone!**  
Use preventive medicine.

 **Yellow** means **Caution Zone!**  
Add quick-relief medicine.

 **Red** means **Danger Zone!**  
Get help from a doctor.

## GO

Use these daily preventive anti-inflammatory medicines:

**You have *all* of these:**

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play

Medicine	How Much	How Often/When

**For asthma with exercise, take:**

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## CAUTION

Continue with green zone medicine and ADD:

**You have *any* of these:**

- First signs of a cold
- Exposure to known trigger
- Cough
- Tight chest
- Mild wheeze
- Coughing at night

Medicine	How Much	How Often/When

**Call your pediatrician at:**

## DANGER

Take these medicines and call your doctor **IMMEDIATELY!**

**Your asthma is getting worse fast:**

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show with each breath
- Can't talk well
- Anxious or lethargic

Medicine	How Much	How Often/When

**GET HELP FROM A DOCTOR NOW! It's important!**  
**If you cannot contact your doctor, go directly to the emergency room or call 911. DO NOT WAIT.**