# Asthma Action Plan

The colors of a traffic light will help you use your asthma medicines. Also pay attention to symptoms.

- **Green means GO ZONE** Use preventive medicine
- **Yellow means CAUTION ZONE!** Add prescribed yellow zone medicine
- **Red means DANGER ZONE!** Get help from a doctor.

## GO (GREEN)

You have **ALL** of these:

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

### Use these medicines every day.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How Much to Take</th>
<th>When to Take It</th>
</tr>
</thead>
<tbody>
<tr>
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For asthma with exercise, take:

### CAUTION (YELLOW)

You have **ANY** of these:

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

### Continue with green zone medicine and ADD:

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**IF QUICK RELIEVER/YELLOW ZONE MEDICINE IS NEEDED MORE THAN 2-3 TIMES A WEEK, THEN CALL YOUR DOCTOR.**

### DANGER (RED)

Your asthma is getting worse fast:

- Medicine is not helping within 15-20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Lips and/or fingernails blue
- Trouble walking and talking

### Take these medicines and call your doctor.

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Get help from a doctor now! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It is IMPORTANT! If you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT. Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

## Asthma Triggers

Check all items that trigger your asthma and things that could make your asthma worse:

- Chalk dust
- Cigarette smoke and second hand smoke
- Colds/Flu
- Dust mites, dust, stuffed animals, carpet
- Exercise
- Sudden temperature change
- Mold
- Ozone alert days
- Pests-rodents and cockroaches
- Pets-animal dander
- Plants, flowers, cut grass, pollen
- Strong odors, perfumes, cleaning products
- Wood smoke
- Foods
- Other

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Adapted from the original design by the Pediatric Asthma Coalition of New Jersey