

# YOUR ROAD MAP to AN ASTHMA ACTION PLAN

The Asthma Action Plan is a patient education tool that can help keep families on track in managing asthma symptoms. Here are some of the key features designed to ensure that every individual with asthma is on the road to asthma control:

- The form is filled out by the health care provider and individualized for each patient.
- Provider contact numbers and emergency information are readily available at the top of the form.
- The form is triplicate so all members of the asthma team keep a copy. Families can hang theirs on the refrigerator door!
- Asthma symptoms are divided into three color-coded zones like a traffic light.
- Each zone has information about symptoms, peak flow levels, and medicines prescribed by the doctor.

Having an Asthma Action Plan makes it easier for families to follow treatment plans to keep asthma under control. It is also a useful tool for adults who have asthma. Call 311 to request an Asthma Action Plan.

## Asthma Action Plan

[To be completed by Health Care Provider]

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Emergency Contact/Phone \_\_\_\_\_

Health Care Provider Name \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Medical Record #: \_\_\_\_\_ Updated On: \_\_\_\_\_

**Asthma Severity:**  Mild Intermittent  Mild Persistent  Moderate Persistent  Severe Persistent

**Asthma Triggers:**  Colds  Exercise  Animals  Dust  Smoke  Food  Weather  Other

**If Feeling Well** **Take Every Day Long-Term Control Medicines**

**You have all of these:**

- Breathing is good
- No cough or wheeze
- Can work / play
- Sleeps all night

Peak flow in this area:  
\_\_\_\_\_ to \_\_\_\_\_

| MEDICINE: | HOW MUCH: | WHEN TO TAKE IT: |
|-----------|-----------|------------------|
|           |           |                  |
|           |           |                  |
|           |           |                  |
|           |           |                  |

**5-15 minutes before exercise use this medicine**

**If Not Feeling Well** **Take Every Day Medicines and Add these Quick-Relief Medicines**

**You have any of these:**

- Cough
- Wheeze
- Tight chest
- Coughing at night

Peak flow in this area:  
\_\_\_\_\_ to \_\_\_\_\_

| MEDICINE: | HOW MUCH: | WHEN TO TAKE IT: |
|-----------|-----------|------------------|
|           |           |                  |
|           |           |                  |
|           |           |                  |

**Call doctor if these medicines are used more than two days a week.**

**If Feeling Very Sick** **Take These Medicines and Get help from a Doctor NOW!**

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

| MEDICINE: | HOW MUCH: | WHEN TO TAKE IT: |
|-----------|-----------|------------------|
|           |           |                  |
|           |           |                  |
|           |           |                  |

**SEEK EMERGENCY CARE or CALL 911 NOW if: Lips are bluish, Getting worse fast, Hard to breathe, Can't talk or cry because of hard breathing or has passed out**

Health Care Provider Signature \_\_\_\_\_

Date \_\_\_\_\_

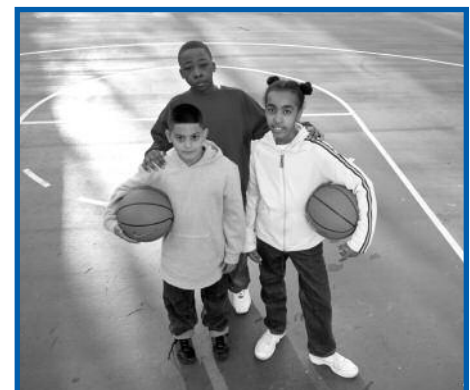
Patient/Guardian Signature *[I have read and understood these instructions]* \_\_\_\_\_

Date \_\_\_\_\_

**NYC Health** New York City Department of Health and Mental Hygiene  
Michael R. Bloomberg, Mayor  
Thomas R. Frieden, M.D., M.P.H., Commissioner  
nyc.gov/health

New York City Asthma Initiative  
Adapted from Finger Lakes Asthma Action Plan and NHLBI  
Revised 06/04

WHITE - PATIENT COPY  
YELLOW - SCHOOL/DAY CARE COPY  
PINK - PROVIDER COPY



# TAKING ACTION *with an* ASTHMA ACTION PLAN

An Asthma Action Plan (AAP) is a written guide filled out by the healthcare provider that is designed to help families follow an individualized asthma management plan. Having a written AAP helps families assess the child's condition, follow instructions for medications, and make informed decisions about responding to the child's asthma symptoms. Studies show that asthma self-management programs that include a written AAP consistently lead to improved health outcomes.

The AAP divides asthma symptoms into three levels or "zones" determined by their severity and associated peak flow levels. Each zone includes information about symptoms, peak flow levels, medications and medication doses, and provides guidelines for making decisions about treatment and seeking professional help.

**The Green Zone** is for when the child is doing well. She or he is not coughing, wheezing or experiencing other asthma symptoms and is able to engage in normal activities. If peak flow is measured, it is 80% or more of the child's personal best. **Long-term control medicines (also known as preventive anti-inflammatory medicines)** should be taken daily at amounts and times indicated, even when the child is feeling fine.

**The Yellow Zone** signifies that asthma is getting worse. The child is experiencing mild to moderate symptoms and may wake up at night due to coughing. The child is able to participate in some, but not all, of his or her usual activities. Peak flow is in the 50-80% range. Instructions for taking **quick-relief medicines** should be followed. If the child does not improve or respond to those medications, the health care provider should be called.

**The Red Zone** signals a medical alert. The child is very short of breath and cannot do his or her normal activities. Quick-relief medications have not helped and symptoms are getting worse. The peak flow is 50% or below 50% of the child's personal best. The instructions for taking **emergency relief medicines** are indicated as well as instructions for seeking immediate medical attention. The doctor should be contacted right away, and if the doctor cannot be reached the child should be taken to the emergency room. A follow-up doctor's appointment is necessary within two days of an asthma-related hospital visit.

**CALL 311 TO REQUEST AN ASTHMA ACTION PLAN.**



New York City Department of Health  
and Mental Hygiene  
New York City Asthma Initiative  
2 Lafayette Street, CN#36A  
New York, New York 10007  
[nyc.gov/health/asthma](http://nyc.gov/health/asthma)

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Michael R. Bloomberg, *Mayor*  
Thomas R. Frieden, M.D., M.P.H., *Commissioner*