

Asthma Management Plan



An asthma management plan is a plan that the doctor will make for you. This plan will help you know what to do when asthma is in control and when asthma symptoms start to act up.

The asthma management plan will help you know:

- What medicines are needed every day
- Early signs of an asthma problem
- What to do when asthma symptoms begin
- What to do when asthma symptoms get worse
- When to call the doctor

The plan is split into three colored zones: green, yellow, and red.

Green. Green means “GO.” Asthma is in good control and there are no asthma symptoms. Follow these steps:

1. Take daily control medicine every day even if there are no asthma symptoms.
2. Take rescue medicine 15 minutes before exercise or sports if needed.

Yellow. Yellow means asthma symptoms are starting to act up. Symptoms like coughing, runny nose, wheezing or chest tightness might be starting.

1. Start quick relief medicine right away to keep symptoms from getting worse.
2. Continue to take the green zone daily control medicines.
3. Call the doctor if you are in the yellow zone for more than 24 hours.
4. Follow any special instructions given by the doctor.

Red. Red means danger. It has become very hard to breathe. Take immediate action.

1. Increase the quick relief medicine as instructed in the plan and call the doctor right away.
2. If the doctor cannot be reached, go to the emergency room or call 911.

Asthma management plans are important tools to share with schools and daycare providers.

This is an example of an asthma action plan:

| GREEN ZONE | GO - DOING WELL! |
|--|---|
| <ul style="list-style-type: none"> • Breathing is good • No cough or wheeze • Can do normal activities | <p>Step 1: Always use a spacer with your metered dose inhaler Daily Control Medicine</p> <p>Step 2: If exercise triggers your asthma, take the following medication(s) 15 minutes before exercise or sports Quick relief (rescue) inhaler</p> |
| YELLOW ZONE | CAUTION! GETTING WORSE! AVOID ASTHMA TRIGGERS! |
| <ul style="list-style-type: none"> • Coughing • Cold symptoms • Wheeze • Tight chest • Cough at night | <p>Step 1: ADD quick relief medications Quick relief (rescue) inhaler</p> <p>Step 2: Keep taking Green Zone medications as prescribed</p> <p>Step 3: If you are in the YELLOW ZONE more than 24 hours or your symptoms are getting worse, follow RED ZONE instructions</p> |
| RED ZONE | EMERGENCY!! GET HELP NOW!! TAKE IMMEDIATE ACTION!! DANGER!! |
| <ul style="list-style-type: none"> • Medicine is not working • Breathing is hard and fast • Nose opens wider • Ribs sticking out • Trouble walking, talking or sleeping | <p>Step 1: Take this quick relief medicine NOW! Quick relief (rescue) inhaler</p> <p>Step 2: Call your health care provider (doctor or nurse) NOW!</p> <p>IF YOU ARE UNABLE TO CONTACT YOUR DOCTOR OR NURSE, GO TO THE EMERGENCY ROOM OR CALL 911 RIGHT AWAY!</p> |



Ask your doctor for an asthma management plan