# Asthma Action Plan

**What is an asthma action plan?**
An asthma action plan is a written guide to help people be aware of their asthma symptoms and what medicines to use and when to take them.

There are three zones or steps in the asthma action plan. If peak flows are used, the readings are also part of the plan.

<table>
<thead>
<tr>
<th>Zone</th>
<th>Symptoms</th>
<th>Medicines</th>
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</table>
| **Green Zone:** | • Breathing: Easy  
                  • Nighttime asthma cough: Rare  
                  • Exercise-induced symptoms: Mild, easily treated  
                  • Peak flow: 80% or greater of personal best | • Controller medicine, if prescribed: Take daily  
                  • Rescue medicine: Used as needed for quick-relief or before exercise |
| Asthma is doing very well. |                                                                          |                                                                          |
| **Yellow Zone:** | • Coughing, wheezing, chest tightness  
                  • Nighttime waking: Some  
                  • Can do some, but not all, usual activities  
                  • Peak flow: 50-79% of personal best  
                  • Call your doctor | • “Step-up” medicine added (such as inhaled corticosteroid)  
                  • Rescue medicine: every 3-4 hours as needed for symptoms |
| Asthma is getting worse. |                                                                          |                                                                          |
| **Red Zone:** | • Cough or wheezing: Almost all the time  
                  • Nighttime waking: Often  
                  • Breathing: Fast  
                  • Shortness of breath  
                  • Peak flow: Less than 50% of personal best  
                  • Call your doctor | • Rescue medicine: use right away and repeat in 15-20 minutes if needed for symptoms; call or see your doctor  
                  • “Step-up” medicine added: oral corticosteroids (such as prednisone) |
| Severe asthma signs, yellow zone medicines are not helping. |                                                                          |                                                                          |

Call 911 right away if:
- You are not able to talk in complete sentences.
- You are not able to walk due to difficult breathing.
- Your chest or neck muscles are pulling in with each breath.
- You are not responding to rescue medicine (albuterol).
- Your lips or nail beds are turning blue.