

Carl J. Milks M.D.
Asthma Allergy and Immunology

Asthma Action Plan For

Date

Best Peak Flow

Green Zone-Go! 100% (-> 80% (-> Doing well with NO cough, wheeze or shortness of breath day or night. Use these medications daily to control inflammation and prevent attacks.

Medication; Control

	Dose	Frequency
1. Anti-inflammatory: Always use with Spacer	___ ~_ puff(s) inhalations nebs Spacer with Facemask-Remember to rinse and spit	_time(s) a day
2. Serevent or Formeterol:	MDI or Diskus ___ puff(s)	_time(s) a day
3. Anti-Leukotriene:	- one ___ mg tablet	_time(s) a day (PM)
4. cnher:	-	_time(s) a dayZ
5. Other:	-	_time(s) a day
6. Before Exercise:	- ---puff(s)	15-30 minutes before

High Yellow Zone-Caution 80% (-> -65% (-> Cough, wheeze, chest tightness, shortness of breath with exercise, emotions, triggers, ~r waking at night. Can do some but not all usual activities.

1. Short-acting beta2 agonist
to 1 hour Rescue ---puffs with spacer every 20 minutes until relief or up
___ by nebulizer
2. If your symptoms resolve (and peak: flow, if used) return to Green ZQne after 1 hour of above treatment take routine medications, and recheck in 4 hours. If again in Yellow Zone double anti-inflammatory for 5 days.

Low Yellow Zone-Caution! 65% (-> -50% (-> Short of breath, no relief from rescue medicine, can't do usual activity, or sleep through the night.

1. Give Rescue medication as above and
2. If symptoms (and peak flow, if used) do not return to Green ZQne after 1 hour- double anti-inflanunatory medicine every 6 hours for 3 days and if better continue to double anti-inflanunatory medicine twice a day for 7-10 days. Call your physician at within 48 hours or sooner if getting worse.
3. If symptoms (and peak: flow, if used) remain in Low Yellow ZQlle after 1 hour, call your physician.
4. Add Oral Steroid mg twice a day for 5 days and call your physician.

Red Zone-Stop and take care of your asthma! <50% (-> Very short of breath, trouble walking and talking, lips or fingernails are blue, chest and neck pulled or sucked in when taking each breath. This is an emergency.

1. Use albut~rol, Proventil, or Ventolin, or Xopenex ___ puffs or ___ neb every 20 minutes .
2. Call your physician NOW. Go to the hospital or call 911 if you cannot do a peak flow or are still in the Red zone after 15 minutes AND you have not reached your doctor.