

ASTHMA ACTION PLAN



Asthma and Allergy
Foundation of America
aafa.org

Name:	Date:
Doctor:	Medical Record #:
Doctor's Phone #: Day	Night/Weekend
Emergency Contact:	
Doctor's Signature:	

The colors of a traffic light will help you use your asthma medicines.



- GREEN** means Go Zone!
Use preventive medicine.
- YELLOW** means Caution Zone!
Add quick-relief medicine.
- RED** means Danger Zone!
Get help from a doctor.

Personal Best Peak Flow: _____

GO Use these daily preventive anti-inflammatory medicines:

<p>You have <i>all</i> of these:</p> <ul style="list-style-type: none"> Breathing is good No cough or wheeze Sleep through the night Can work & play 	<p>Peak flow:</p> <p>from _____</p> <p>to _____</p>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN
		For asthma with exercise, take:		

CAUTION Continue with green zone medicine and add:

<p>You have <i>any</i> of these:</p> <ul style="list-style-type: none"> First signs of a cold Exposure to known trigger Cough Mild wheeze Tight chest Coughing at night 	<p>Peak flow:</p> <p>from _____</p> <p>to _____</p>	MEDICINE	HOW MUCH	HOW OFTEN/ WHEN
		CALL YOUR PRIMARY CARE PROVIDER.		

DANGER Take these medicines and call your doctor now.

<p>Your asthma is getting worse fast:</p> <ul style="list-style-type: none"> Medicine is not helping Breathing is hard & fast Nose opens wide Ribs show Can't talk well 	<p>Peak flow:</p> <p>reading below _____</p>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN

GET HELP FROM A DOCTOR NOW! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It's 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.

Respiratory Treatments

2017

Allergy & Asthma Network is a national nonprofit organization dedicated to ending needless death and suffering due to asthma, allergies and related conditions through outreach, education, advocacy and research.

Learn More at



AllergyAsthmaNetwork.org
800.878.4403

Ⓢ - DOSE INDICATOR ★ - BUILT-IN SPACER Ⓜ - GENERIC AVAILABLE Ⓝ - DISEASE STATES: ⓐ - ASTHMA ⓑ - COPD

Short-acting beta₂-agonist bronchodilators relax tight muscles in airways and offer quick relief of symptoms such as coughing, wheezing and shortness of breath for 3-6 hours

ProAir[®] HFA albuterol sulfate inhaler powder ⓈⓃⓂ ⓐ

ProClick[®] albuterol sulfate inhaler powder ⓈⓃⓂ ⓐ

Proventil[®] HFA albuterol sulfate ⓐ

Ventolin[®] HFA albuterol sulfate ⓈⓃⓂ ⓐ

Xopenex[®] HFA levalbuterol tartrate ⓐ Ⓜ

Long-acting beta₂-agonist bronchodilators relax tight muscles in airways and offer lasting relief of symptoms such as coughing, wheezing and shortness of breath for at least 12 hours

Arcapta[™] Neohaler[®] indacaterol inhaler powder Ⓝ

Serevent[®] Diskus[™] salmeterol xinafoate inhaler powder ⓈⓃⓂ ⓐ Ⓜ

Striverdi[®] Respimat[™] roflumetast olivinate inhaler ⓈⓃⓂ Ⓝ

Inhaled corticosteroids reduce and prevent swelling of airway tissue; they do not relieve sudden symptoms of coughing, wheezing or shortness of breath

Aerospan[®] 80 mcg fluticasone ⓈⓃⓂ ⓐ

Alvesco[®] HFA 80 mcg, 160 mcg, 320 mcg ciclesonide ⓈⓃⓂ ⓐ

Arnuity[®] Ellipta[™] 100 mcg, 200 mcg fluticasone furoate inhaler powder ⓈⓃⓂ ⓐ

Asmanex[®] HFA mometasone furoate ⓈⓃⓂ ⓐ

Asmanex[®] Twisthaler[™] 110 mcg, 220 mcg mometasone furoate inhaler powder ⓈⓃⓂ ⓐ

Asmanex[®] Flovent[®] Diskus[™] 50 mcg, 100 mcg, 250 mcg fluticasone propionate inhaler powder ⓈⓃⓂ ⓐ

Flovent[®] HFA 44 mcg, 110 mcg, 220 mcg fluticasone propionate ⓈⓃⓂ ⓐ

Pulmicort[®] Flexhaler[™] 90 mcg, 180 mcg budesonide inhaler powder ⓈⓃⓂ ⓐ

QVAR[®] Redhaler[™] 40 mcg, 80 mcg beclomethasone dipropionate ⓈⓃⓂ ⓐ Ⓜ

Combination medications contain both inhaled corticosteroid and long-acting beta₂-agonist (LABA)

Advair[®] HFA 45/21, 113/21, 220/21 fluticasone propionate and salmeterol xinafoate ⓈⓃⓂ ⓐ

AirDuo[™] RespiClick[™] 52/14 mcg, 113/14 mcg, 220/14 mcg fluticasone propionate and salmeterol xinafoate inhaler powder ⓈⓃⓂ ⓐ Ⓜ

Breo[®] Ellipta[™] 100/25 mcg, 200/25 mcg fluticasone furoate and vilanterol inhaler powder ⓈⓃⓂ ⓐ Ⓜ

Dulera[®] 100/5, 200/5 mometasone furoate and formoterol fumarate dihydrate ⓈⓃⓂ ⓐ

Symbicort[®] (HFA) 80/4.5, 160/4.5 budesonide and formoterol fumarate dihydrate ⓈⓃⓂ ⓐ Ⓜ

Anoro[®] Ellipta[™] 62.5 mcg/2.5 mcg umedisorbium and vilanterol inhaler powder ⓈⓃⓂ Ⓝ

Beverpi Aerosphere[™] 9 mcg/4.5 mcg glycopyrronium bromide and formoterol fumarate inhaler aerosol ⓈⓃⓂ Ⓝ

Stiolto[™] Respimat[™] 2.5 mcg/2.5 mcg roflumetast olivinate and glycopyrronium bromide inhaler powder ⓈⓃⓂ Ⓝ

Neohlon[™] 27.5 mcg/15.5 mcg indacaterol and glycopyrronium bromide inhaler powder Ⓝ

Muscarinic antagonist (anticholinergic) bronchodilators relieve cough, sputum production, wheeze and chest tightness associated with chronic lung disease

Short-acting

Atrovent[®] HFA tiotropium bromide ⓈⓃⓂ Ⓝ

Long-acting

Seebri[™] Neohaler[®] glycopyrronium bromide inhaler powder Ⓝ

Incruse[®] Ellipta[™] umedisorbium inhaler powder ⓈⓃⓂ Ⓝ

Spiriva[®] Handihaler[™] tiotropium bromide inhaler powder Ⓝ

Spiriva[®] Respimat[™] tiotropium bromide ⓈⓃⓂ ⓐ Ⓜ

Tudorza[™] Pressair[™] aclidinium bromide inhaler powder ⓈⓃⓂ Ⓝ

Combivent[®] Respimat[™] ipratropium bromide and albuterol ⓈⓃⓂ Ⓝ

Severe asthma treatments

Cinqair[®] reslizumab ⓐ

Nucala[®] mepolizumab ⓐ

Xolair[®] omalizumab ⓐ

Some basic demographic and campaign-related information from your interaction with your provider will be shared with Dr. Ryan Combs at the University of Louisville. This information is being collected to determine the effectiveness of a community campaign promoting the use of asthma action plans for every child with asthma. If you have any questions about the research study, please contact Dr. Ryan Combs at 502-852-1995.