

# 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 controller medicines:		
<p><b>You have <i>all</i> of these:</b></p> <ul style="list-style-type: none"> <li>Breathing is good</li> <li>No cough or wheeze</li> <li>Sleep through the night</li> <li>Can work &amp; play</li> </ul> <p><b>Peak flow:</b></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><b>You have <i>any</i> of these:</b></p> <ul style="list-style-type: none"> <li>First signs of a cold</li> <li>Exposure to known trigger</li> <li>Cough</li> <li>Mild wheeze</li> <li>Tight chest</li> <li>Coughing at night</li> </ul> <p><b>Peak flow:</b></p> <p>from _____</p> <p>to _____</p>	MEDICINE	HOW MUCH	HOW OFTEN/ WHEN	
	CALL YOUR ASTHMA CARE PROVIDER.			
DANGER		Take these medicines and call your doctor now.		
<p><b>Your asthma is getting worse fast:</b></p> <ul style="list-style-type: none"> <li>Medicine is not helping</li> <li>Breathing is hard &amp; fast</li> <li>Nose opens wide</li> <li>Trouble speaking</li> <li>Ribs show (in children)</li> </ul> <p><b>Peak flow:</b></p> <p>reading below _____</p>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN	

**GET HELP FROM A DOCTOR NOW! 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 asthma care provider within two days of an ER visit or hospitalization.

123 = DOSE INDICATOR G = GENERIC AVAILABLE DISEASE STATES: A = ASTHMA C = COPD

**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.

## SHORT-ACTING BETA<sub>2</sub>-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

## LONG-ACTING BETA<sub>2</sub>-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

**ProAir<sup>®</sup> HFA**  
albuterol sulfate  
123 A

**ProAir<sup>®</sup> RespiClick<sup>®</sup>**  
albuterol sulfate  
inhalation powder  
123 A

**Proventil<sup>®</sup> HFA**  
albuterol sulfate  
123 A

**Ventolin<sup>®</sup> HFA**  
albuterol sulfate  
123 A

**Xopenex<sup>®</sup> HFA**  
levalbuterol tartrate  
123 A G

**Arcapta<sup>™</sup> Neohaler<sup>™</sup>**  
indacaterol inhalation powder  
123 C

**Serevent<sup>®</sup> Diskus<sup>®</sup>**  
salmeterol xinafoate inhalation powder  
123 A G

**Striverdi<sup>®</sup> Respimat<sup>®</sup>**  
olodaterol hydrochloride  
123 C

## INHALED CORTICOSTEROIDS

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

**Alvesco<sup>®</sup> HFA**  
80 mcg, 160 mcg  
aceticsonide  
123 A

**ArmonAir<sup>™</sup> RespiClick<sup>®</sup>**  
55 mcg, 113 mcg  
fluticasone propionate  
inhalation powder  
123 A

**Arnuity<sup>®</sup> Eliпта<sup>®</sup>**  
100/25 mcg, 200 mcg  
fluticasone furate  
inhalation powder  
123 A

**Asmanex<sup>®</sup> HFA**  
mometasone furoate  
123 A

**Asmanex<sup>®</sup> Twisthaler<sup>®</sup>**  
110 mcg, 220 mcg  
mometasone furoate  
inhalation powder  
123 A

**Flovent<sup>®</sup> Diskus<sup>®</sup>**  
50 mcg, 100 mcg, 250 mcg  
fluticasone propionate  
inhalation powder  
123 A

**Flovent<sup>®</sup> HFA**  
44 mcg, 110 mcg, 220 mcg  
fluticasone propionate  
123 A

**Pulmicort<sup>®</sup> Flexhaler<sup>®</sup>**  
90 mcg, 180 mcg  
budesonide inhalation powder  
123 A

**QVAR<sup>®</sup> Redihaler<sup>™</sup>**  
40 mcg, 80 mcg  
beclomethasone dipropionate  
123 A

## COMBINATION MEDICATIONS

contain both inhaled corticosteroid and long-acting beta<sub>2</sub>-agonist (LABA)

contain both long-acting beta<sub>2</sub>-agonist (LABA) and long-acting muscarinic antagonist (LAMA)

**Advair Diskus<sup>®</sup>**  
100/50, 250/50, 500/50  
fluticasone propionate and salmeterol inhalation powder  
123 A G

**Advair<sup>®</sup> HFA**  
48/21, 115/21, 230/21  
fluticasone propionate and salmeterol xinafoate  
123 A G

**AirDuo<sup>™</sup> RespiClick<sup>®</sup>**  
55/14 mcg, 113/14 mcg, 232/14 mcg  
fluticasone propionate and salmeterol inhalation powder  
123 A G

**Dulera<sup>®</sup>**  
100/5, 200/5  
mometasone furoate and formoterol fumarate dihydrate  
123 A

**Symbicort<sup>®</sup> (HFA)**  
80/4.5, 160/4.5  
budesonide and formoterol fumarate dihydrate  
123 A G

**Anoro<sup>®</sup> Eliпта<sup>®</sup>**  
62.5 mcg/2.5 mcg  
umeclidinium and vilanterol inhalation powder  
123 C

**Stiolto<sup>™</sup> Respimat<sup>®</sup>**  
2.5 mcg/2.5 mcg  
tiotropium bromide and olodaterol  
123 C

**Utibron<sup>™</sup> Neohaler<sup>®</sup>**  
27.5 mcg/15.6 mcg  
indacaterol and glycopyrrolate inhalation powder  
123 C

**Trelegy<sup>®</sup> Eliпта<sup>®</sup>**  
100 mcg/62.5 mcg/25 mcg  
fluticasone furate, umeclidinium and vilanterol inhalation powder  
123 C

## MUSCARINIC ANTAGONIST (ANTICHOLINERGIC)

relieve cough, sputum production, wheeze and chest tightness associated with chronic lung diseases

**Atrovent<sup>®</sup> HFA**  
ipratropium bromide  
123 C

**Seebri<sup>™</sup> Neohaler<sup>®</sup>**  
glycopyrrolate inhalation powder  
123 C

**Increase<sup>®</sup> Eliпта<sup>®</sup>**  
umeclidinium inhalation powder  
123 C

**Spiriva<sup>®</sup> HandiHaler<sup>®</sup>**  
tiotropium bromide inhalation powder  
123 C

**Spiriva<sup>®</sup> Respimat<sup>®</sup>**  
tiotropium bromide  
123 A G

**Tudorza<sup>™</sup> Pressair<sup>™</sup>**  
acridinium bromide inhalation powder  
123 C

**Combivent<sup>®</sup> Respimat<sup>®</sup>**  
ipratropium bromide and albuterol  
123 C

**Cinqair<sup>®</sup>**  
reslizumab  
A

**Dupilixent<sup>®</sup>**  
200 mg, 300 mg  
dupilumab  
A

**Fasenra<sup>™</sup>**  
benralizumab  
A

**Nucala<sup>®</sup>**  
mepolizumab  
A

**Xolair<sup>®</sup>**  
omalizumab  
A

**BRONCHIAL THERMOPLASTY**

A minimally invasive procedure that uses mild heat to reduce airway smooth muscle, leading to fewer severe asthma flares, ER visits, and days lost from activities.  
[www.bfcrasthma.com](http://www.bfcrasthma.com)

**PDE4 INHIBITORS**

**Daliresp<sup>®</sup>**  
250 mcg/500 mcg  
roflumilast  
C

## COMBINATION

muscarinic antagonist and beta<sub>2</sub>-agonist

Short-acting

Short-acting