

Asthma Action Plan

Date: _____ Patient: _____ Physician: _____

Phone No. _____ Hospital/Emergency Department Phone No. _____ Other Contact: _____

GREEN ZONE

DOING WELL

- ☐ No cough, wheeze, chest tightness, or shortness of breath during the day or night
- ☐ Can do usual activities

And if a peak flow meter is used,

Peak flow: more than _____
(80% or more of my best peak flow)

- ☐ My best peak flow is: _____

ALLERGEN TRIGGERS TO AVOID

Specific IgE Blood Test/Skin Test to Identify Sensitization to Specific Allergens

Results of specific IgE blood test/skin test (allergen[s])

_____	_____
_____	_____
_____	_____

MEDICATIONS

Name

How Much to Take

When to Take It

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Before Exercise

☐ 2 or ☐ 4 puffs

5 to 60 minute before exercise

YELLOW ZONE

ASTHMA IS GETTING WORSE

- ☐ Cough, wheeze, chest tightness, or shortness of breath, or
- ☐ Waking at night due to asthma, or
- ☐ Can do some, but not all, usual activities

—OR—

Peak flow: _____ to _____
(50%-79% of my best peak flow)

First

Add: quick-relief medicine—and keep taking your GREEN ZONE medicine

_____ ☐ 2 or ☐ 4 puffs, every 20 minutes for up to 1 hour ☐ Nebulizer, once
(short-acting beta₂-agonist)

Second

If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:

- ☐ Continue monitoring to be sure you stay in the GREEN ZONE.

—OR—

If your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:

☐ Take: _____ ☐ 2 or ☐ 4 puffs, every 20 minutes for up to 1 hour ☐ Nebulizer, once
(short-acting beta₂-agonist)

☐ Add: _____ mg per day For _____ (3-10) days
(oral steroid)

☐ Call your doctor ☐ before/ ☐ within _____ hours after taking the oral steroid.

RED ZONE

MEDICAL ALERT!

- ☐ Very short of breath, or
- ☐ Quick-relief medicines have not helped, or
- ☐ Cannot do usual activities, or
- ☐ Symptoms are same or worse after 24 hours in Yellow Zone

—OR—

Peak flow: less than _____
(50% of my best peak flow)

TAKE THIS MEDICINE:

☐ _____ ☐ 4 or ☐ 6 puffs or ☐ Nebulizer
(short-acting beta₂-agonist)

☐ Add: _____ mg
(oral steroid)

Then, call your doctor NOW. Go to the hospital or call an ambulance if:

- ☐ You are still in the Red Zone after 15 minutes AND
- ☐ You have not reached your doctor.

DANGER SIGNS

- ☐ Trouble walking and talking due to shortness of breath
- ☐ Lips or fingernails are blue



- ☐ Take ☐ 4 or ☐ 6 puffs of your quick-relief medicine AND
- ☐ Go to the hospital or call for an ambulance (No. _____) NOW!

How To Control Things That Make Your Asthma Worse

It is difficult to guess which allergens are contributing to your symptoms. A specific IgE blood test or skin prick test can help pinpoint your exact triggers. Based on your test results you can utilize the steps below to manage your asthma*.

Indoor Allergens

☐ **Animal Dander (Cat dander e1, Dog Dander e5)**

Some people are allergic to the flakes of skin or dried saliva from animals with fur or feathers.

The best thing to do:

- Keep furred or feathered pets out of your home.

If you can't keep the pet outdoors, then:

- Keep the pet out of your bedroom and other sleeping areas at all times, and keep the door closed.
- Remove carpets and furniture covered with cloth from your home. If that is not possible, keep the pet away from fabric-covered furniture and carpets.

☐ **Dust Mites (*D. farinae* d2, *D. pteronyssinus* d1)**

Many people with asthma are allergic to dust mites. Dust mites are tiny bugs that are found in every home—in mattresses, pillows, carpets, upholstered furniture, bedcovers, clothes, stuffed toys, and fabric or other fabric-covered items.

Things that can help:

- Encase your mattress in a special dust-proof cover.
- Encase your pillow in a special dust-proof cover or wash the pillow each week in hot water. Water must be hotter than 130° F to kill the mites. Cold or warm water used with detergent and bleach can also be effective.
- Wash the sheets and blankets on your bed each week in hot water.
- Reduce indoor humidity to below 60 percent (ideally between 30–50 percent). Dehumidifiers or central air conditioners can do this.
- Try not to sleep or lie on cloth-covered cushions.
- Remove carpets from your bedroom and those laid on concrete, if you can.
- Keep stuffed toys out of the bed or wash the toys weekly in hot water or cooler water with detergent and bleach.

☐ **Cockroaches (Cockroach i6)**

Many people with asthma are allergic to the dried droppings and remains of cockroaches.

The best thing to do:

- Keep food and garbage in closed containers. Never leave food out.
- Use poison baits, powders, gels, or paste (for example, boric acid). You can also use traps.
- If a spray is used to kill roaches, stay out of the room until the odor goes away.

☐ **Indoor Mold (*Alternaria alternata* m6, *Aspergillus fumigatus* m3, *Cladosporium herbarum* m2, *Penicillium notatum* m1)**

- Fix leaky faucets, pipes, or other sources of water that have mold around them
- Clean moldy surfaces with a cleaner that has bleach in it.

Outdoor Allergens

☐ **Pollen and Outdoor Mold**

What to do during your allergy season (when pollen or mold spore counts are high):

- Try to keep your windows closed.
- Stay indoors with windows closed from late morning to afternoon, if you can. Pollen and some mold spore counts are highest at that time.
- Ask your doctor whether you need to take or increase anti-inflammatory medicine before your allergy season starts.
- Common Pollens that may appear on your regional profile:
 - **Grasses** → Bermuda grass (g2), Johnson grass (g10), Timothy grass (g6)
 - **Trees** → Alder (t2), Birch (t3), Cottonwood (t14), Elm (t8), Maple (t1), Mountain cedar (t6), Mulberry (t70), Oak (t7), Olive (t9), Pecan/Hickory (t22), Walnut (t10), White ash (t15)
 - **Weeds** → Common ragweed (short; w1), Mugwort (safebrush; w6), Nettle (w20), Rough marsh elder (w16), Rough pigweed (w14), Russian thistle (w11), Sheep sorrel (w18)

Irritants

☐ **Tobacco Smoke**

- If you smoke, ask your doctor for ways to help you quit. Ask family members to quit smoking, too.
- Do not allow smoking in your home or car.

☐ **Smoke, Strong Odors, and Sprays**

- If possible, do not use a wood-burning stove, kerosene heater, or fireplace.
- Try to stay away from strong odors and sprays, such as perfume, talcum powder, hair spray, and paints.

Other things that bring on asthma symptoms in some people include:

☐ **Vacuum Cleaning**

- Try to get someone else to vacuum for you once or twice a week, if you can.
- Stay out of rooms while they are being vacuumed and for a short while afterward.
- If you vacuum, use a dust mask (from a hardware store), a double-layered or microfilter vacuum cleaner bag, or a vacuum cleaner with a HEPA filter.

☐ **Other Things That Can Make Asthma Worse**

- Cold air: Cover your nose and mouth with a scarf on cold or windy days.
- Other medicines: Tell your doctor about all the medicines you take. Include cold medicines, aspirin, vitamins and other supplements, and nonselective beta-blockers (including those in eye drops).

*Specific IgE blood tests may be tailored to your specific geographic region, please speak with your clinician to discuss exactly what you were tested for and what you tested positive to.

Adapted from Asthma Action Plan. National Heart Lung, and Blood Institute; April 2007. NIH Publication No. 07-5251. http://www.nhlbi.nih.gov/health/public/lung/asthma/asthma_actplan.pdf. Accessed May 12, 2013.

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