

# A.S.M.A. (Asthma Self-Management Action) Plan (see reverse for "Your Asthma Control Goals")

A.S.M.A. Plan for \_\_\_\_\_ Date \_\_\_\_\_  
 Doctor's Name \_\_\_\_\_ Hospital/Emergency Department Phone Number \_\_\_\_\_  
 After Hours \_\_\_\_\_

## GREEN ZONE: Doing Well

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

If a peak flow meter is used:

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

My best peak flow is \_\_\_\_\_

Before exercise, take

## 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)

## Take These Long-Term Control Medicines Each Day

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____

(Medicine)

(Dose)

(Minutes/hours before exercise)

FIRST

**Add Quick-Relief Medicine and Keep Taking Your GREEN ZONE Medicine**

- \_\_\_\_\_ (short-acting  $\beta_2$ -agonist)  2 or  4 puffs, every 20 minutes for up to 1 hour
- \_\_\_\_\_ Nebulizer, once

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

- Take \_\_\_\_\_ (short-acting  $\beta_2$ -agonist)  2 or  4 puffs or  Nebulizer
- Add \_\_\_\_\_ mg per day for \_\_\_\_\_ (3–10) days  
(oral steroid)
- Call the 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 the 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  $\beta_2$ -agonist)
- \_\_\_\_\_ mg  
(oral steroid)

**Call your doctor NOW.** Go to the hospital or call for 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 ( \_\_\_\_\_ ) **NOW!**

People who should have a copy of my A.S.M.A. plan: spouse, school nurse, coworkers, babysitter, family members/friends.

Adapted from National Heart, Lung, and Blood Institute. Asthma Action Plan. Bethesda, Md: US Dept of Health and Human Services; April 2007. NIH Publication 07-5251.

# Your Asthma Control Goals

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## Asthma control: What can it mean for you?

### The goals of asthma treatment are to help you:

- Experience relief from asthma symptoms, such as wheezing, coughing, shortness of breath, and chest tightness
- Need a fast-acting inhaler fewer than 2 times a week
- Sleep through the night and not wake-up because of asthma symptoms
- Go to work or school and not have to miss days because of asthma
- Join in activities, including sports and exercise
- Avoid unscheduled doctor, emergency room, or urgent-care visits

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## Tips to help control your asthma

### Your health:

- Take your asthma medicines as your doctor recommends, even when you feel well.
- Do not take over-the-counter cold medicines without talking to your doctor or pharmacist first.
- Avoid people with colds or flu as much as possible and talk to your doctor about getting a flu shot every year.

### Where you live, work, or go to school:

- Keep your **HOUSE** clean of dust and molds.
- Avoid cigar and cigarette **SMOKE** as much as possible.
- Avoid strong **ODORS**, such as paint, perfume, and hair spray.
- Wear a scarf or a **COLD AIR** mask over your mouth when it's cold outside.

### In addition, if you have allergies:

- Wash blankets and sheets once a week in **HOT WATER**.
- Wash clothing and stuffed toys in **HOT WATER**.
- Keep **PETS** out of the bedroom and wash pets weekly.
- Avoid going outside if the **POLLEN COUNT** is high.
- Cover mattress and pillows with airtight **PLASTIC COVERS**.