

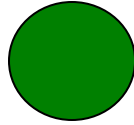


# THE CHILDREN'S ASTHMA EDUCATION CENTRE ASTHMA ACTION PLAN

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Green Level - Good Control



- Normal breathing
- No cough or wheeze
- Normal activity
- Normal sleep

- Use regular medicine.
- Avoid triggers.

MEDICINE	#PUFFS/DOSES	TIMES/DAY

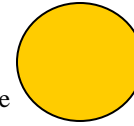
Peak Flow Reading  
\_\_\_\_\_ Personal Best

Use your **reliever medicine** \_\_\_\_\_  
as needed before exercise or for asthma symptoms  
(cough, wheeze, difficulty breathing).

Dr. \_\_\_\_\_

Phone: \_\_\_\_\_

## Yellow Level - Caution



- Symptoms with activity or at night
- Reliever medicine used more than once per day for symptoms
- Cold symptoms

- Increase controller medicine at earliest sign.
- Use until better.

MEDICINE	#PUFFS/DOSES	TIMES/DAY

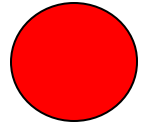
Peak Flow Reading  
\_\_\_\_\_ to \_\_\_\_\_  
(60-80% personal best)

- If reliever medicine is needed every 4 hours, call your doctor or go to an Emergency Department.
- See your doctor if asthma symptoms are not improving after two days.

Comments \_\_\_\_\_

\_\_\_\_\_

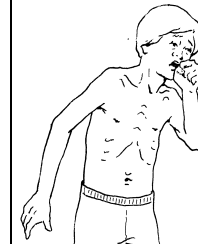
## RED LEVEL - DANGER



- Reliever medicine does not help in 10 minutes (or is needed in less than 3 hours) **along with one or more of the following:**
- Breathing difficulty
- Wheezing at rest
- Skin sucked in with breathing (at neck/ribs/or collarbone)
- Difficulty talking
- Lips or fingernails are blue/grey

Peak Flow Reading  
\_\_\_\_\_ or less  
(below 60% personal best)

**GO TO EMERGENCY DEPARTMENT  
IMMEDIATELY!**



**Use reliever medicine as  
much as needed on the  
way to the hospital**