



Asthma Action Plan

Doing Well

- I don't have a cough, wheezing, chest tightness, or trouble breathing at any time.
- I can do all the things I usually do.
- When I use a peak flow meter, my peak flow* is more than 80 percent or more of my best peak flow.
- **Continue taking your long-term control medicine.**

Asthma is Getting Worse

- I have some coughing, wheezing, chest tightness, or trouble breathing. Or
- I wake up at night because of my asthma. Or
- I can't do some of the things I usually do. Or
- When I use a peak flow meter, my peak flow* is half to three-quarters of my best peak flow.
- **Add your quick-relief medicine and continue your long-term control medicine.**
- If your symptoms improve after an hour, keep checking them and continue your long-term control medicine.

Medical Alert

- I have a lot of trouble breathing. Or
- My quick-relief medicines are not helping. Or
- I can't do any of the things I usually do. Or
- I was in the yellow zone for 24 hours, and I'm not getting better. Or
- When I use a peak flow meter, my peak flow* is less than half of my best peak flow.
- Add the other medicines your doctor has prescribed and **call your doctor.**
- If your symptoms don't improve and you can't reach your doctor, go to the Emergency Department.

*Peak flow measurement is a quick test to measure air flowing out of the lungs