

**Asthma Action Plan** Name \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_

Date of Plan \_\_\_/\_\_\_/\_\_\_ Next Update \_\_\_/\_\_\_/\_\_\_

*Dr Leigh Saint-Louis 541-285-1668 (call or text)*

Personal Best peak flow \_\_\_\_\_ on date \_\_\_/\_\_\_/\_\_\_ (80% = \_\_\_\_\_ 50% = \_\_\_\_\_)



### **Green Zone**

No cough or wheeze day or night. Peak flow over \_\_\_\_\_.

1. Controller medicine:

*Rinse mouth after inhaler!*

- |  |  |
|--|--|
| <input type="checkbox"/> QVAR 40 / 80 one puff twice a day Color: _____      | <input type="checkbox"/> Advair 100 / 250 / 500 2 puffs twice a day Color: _____ |
| <input type="checkbox"/> Pulmicort 90 / 180 2 puffs twice a day Color: _____ | <input type="checkbox"/> Flovent 44 / 110 / 220 2 puffs twice a day Color: _____ |
| <input type="checkbox"/> Asmanex 110 / 220 1 puff once a day Color: _____    | <input type="checkbox"/> Singulair 4mg / 5mg / 10mg (1 tablet at bedtime)        |

2. Might need rescue inhaler 15 minutes before exercise:  2 puffs albuterol Color: \_\_\_\_\_



### **Yellow Zone**

Peak flow from \_\_\_\_\_ to \_\_\_\_\_. Cough, wheeze, shortness of breath, tight chest.

1. Rescue inhaler every \_\_\_ hours for up to 2 days:  2 puffs albuterol Color: \_\_\_\_\_

2. AND increase controller medicine, until back in the Green Zone, to \_\_\_\_\_ puffs \_\_\_\_\_ times a day for \_\_\_\_\_ weeks:

- |  |   |
|--|---|
| <input type="checkbox"/> QVAR 40 / 80 Color: _____                 | <input type="checkbox"/> Advair 100 / 250 / 500 Color: _____              |
| <input type="checkbox"/> Pulmicort Flexhaler 90 / 180 Color: _____ | <input type="checkbox"/> Flovent 44 / 110 / 220 Color: _____              |
| <input type="checkbox"/> Asmanex 110 / 220 (age > 4) Color: _____  | <input type="checkbox"/> Singulair 4mg / 5mg / 10mg (1 tablet at bedtime) |



### **Red Zone**

Peak flow under \_\_\_\_\_. Asthma attack! Starting to have trouble walking or talking,  
OR not getting better after 2 days in the Yellow Zone.

1. Rescue medicines.

- 2 puffs albuterol Color: \_\_\_\_\_  Albuterol Nebulizer 1 vial / 0.5mL + 0.3mL saline

- If symptoms do not improve after 20 minutes, REPEAT. Call doctor to update.
- If symptoms still do not improve after 20 more minutes, REPEAT a third time.
- Do not use albuterol more than three times.

2. If symptoms are NO BETTER, go to Urgent Care or Emergency Room immediately. Call doctor to update.

3. If symptoms ARE BETTER, immediately start flare-up (burst) medicines:

- Prednisone \_\_\_\_\_ mg tablets: \_\_\_ tabs \_\_\_ times a day.  Prednisolone \_\_\_\_\_ mg/5ml syrup: \_\_\_ tsp(s) \_\_\_\_\_ times a day.

4. AND increase control medicines (controllers or preventers) to \_\_\_ puffs \_\_\_ times a day for \_\_\_ weeks:

- |  |   |
|--|---|
| <input type="checkbox"/> QVAR 40 / 80 Color: _____                 | <input type="checkbox"/> Advair 100 / 250 / 500 Color: _____              |
| <input type="checkbox"/> Pulmicort Flexhaler 90 / 180 Color: _____ | <input type="checkbox"/> Flovent 44 / 110 / 220 Color: _____              |
| <input type="checkbox"/> Asmanex 110 / 220 (age > 4) Color: _____  | <input type="checkbox"/> Singulair 4mg / 5mg / 10mg (1 tablet at bedtime) |