# Asthma Action Plan

**The colors of a traffic light will help you use your asthma medicines.**

- **GREEN** means Go Zone! Use preventive medicine.
- **YELLOW** means Caution Zone! Add quick-relief medicine.
- **RED** means Danger Zone! Get help from a doctor.

## Go

You have all of these:
- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work & play

**Use these daily preventive anti-inflammatory medicines:**

<table>
<thead>
<tr>
<th>MEDICINE</th>
<th>HOW MUCH</th>
<th>HOW OFTEN/WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For asthma with exercise, take:

## Caution

Continue with green zone medicine and add:

You have any of these:
- First signs of a cold
- Exposure to known trigger
- Cough
- Mild wheeze
- Tight chest
- Coughing at night

**CALL YOUR PRIMARY CARE PROVIDER.**

## Danger

Take these medicines and call your doctor now.

**Your asthma is getting worse fast:**
- Medicine is not helping
- Breathing is hard & fast
- Nose opens wide
- Ribs show
- Can't talk well

**GET HELP FROM A DOCTOR NOW!** Do not be afraid of causing a fuss. Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT.** Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

Rev. 12.20