

Asthma Action Plan

Your Asthma Action Plan is your guide to keeping your asthma under control. It is very important that you follow your plan, even if you feel perfectly fine. Your peak flow measurements can forecast your asthma symptoms so you can anticipate any problems that may arise, whether or not you currently have symptoms.

Know your personal best peak flow reading and use this number as a benchmark. Take a peak flow reading and record your score.

Green Zone

Being in the Green Zone means that your peak flow reading is at 85 to 100 percent of your personal best. It also means that:

- You are experiencing no symptoms
- You are able to exercise
- You sleep well
- Normal activity has no effect on your asthma
- Your asthma is stable and under control.

A few words of caution about being in the Green Zone: Just because you are in the Green Zone does not mean that you should reduce your medication or be less vigilant about following your program. Your treatment program helps you stay in the Green Zone and deviating from your plan without consulting your doctor can be unsafe. Stay the course; take your prevention and control medications and keep away from triggers.

If you are in the Green Zone, congratulations – keep up the good work!

Yellow Zone

Being in the Yellow Zone means that your peak flow reading is at 50 to 85 percent of your personal best. It also may mean that

- You experience few, if any, symptoms when you are resting
- You may experience symptoms when you exert yourself
- You cough at night
- You may feel tired and have less energy than normal.

If your peak flow is in the Yellow Zone, you may be slipping downhill but don't know it yet. Being in the Yellow Zone might last for a few hours or for several days. If you can't seem to get out of the yellow zone after several days, call your doctor so you can work together to get back into the Green Zone. Your medication dosage is different if your peak flow is in the Yellow Zone so be sure to follow your treatment plan carefully.

Red Zone

If your peak flow falls below 50 percent of your personal best, you are in the Red Zone and that could mean trouble. You may experience increasing symptoms of coughing, wheezing, chest tightness, and shortness of breath. Continue your control and prevention medications and follow the rescue instructions of your treatment plan. Check your peak flow reading before you take your medications and 20 minutes after administration. If you are unable to move out of the Red Zone, or fall back into the Red Zone within four hours, call your doctor immediately.