

# Massachusetts Adult Asthma Action Plan

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

Date of birth: \_\_\_\_\_

Drug allergies: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor/nurse: Mountain View Family Phone: 978-939-2133

Needs flu shot \_\_\_\_\_ Practice \_\_\_\_\_

Your personal best peak flow: \_\_\_\_\_

Avoid things that make your asthma worse: \_\_\_\_\_

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

Next visit: \_\_\_\_\_

Prepared by: \_\_\_\_\_

Bring this plan to every visit

## greenzone-go

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can perform usual daily activities
- This is how you should feel every day



### Take these medicines to control your asthma

Medicine	How much	When

Call for follow up if using RESCUE INHALER 3 or more times/week

Peak flow (100%-80%) from \_\_\_\_\_ to \_\_\_\_\_

## yellowzone-caution

- Cough
- Mild wheeze
- Tight chest
- Trouble breathing
- Wake up at night
- First signs of a cold



### Take these medicines to get your asthma under control

Medicine	How much	When	How long
Albuterol (PROAIR or VENTOLIN)	2 puffs every 4 hrs	as needed	
<input checked="" type="checkbox"/> Continue "green zone" controller medicines <input type="checkbox"/> Use a spacer with _____			
If symptoms do not improve within <u>24-48</u> hours, call your doctor/nurse. Let your doctor/nurse know if you keep going into the yellow zone. The green zone medicines may need to be changed to keep other episodes from starting.			

Peak flow (80%-50%) from \_\_\_\_\_ to \_\_\_\_\_

## redzone-danger

- Breathing hard & fast
- Difficulty walking and talking
- Working hard to breathe



### Take action right away

Take these medicines now AND then call your doctor/nurse right away!

Medicine	How much	How long
<input type="checkbox"/> Albuterol (PROAIR or VENTOLIN) 2 puffs every 4 hrs <input type="checkbox"/> Albuterol nebulizer every 4hrs		

- DANGER SIGNS- Call 911 or go to the nearest emergency room if:**
- Lips or fingernails are blue
  - You are struggling to breathe
  - You do not feel any better 15 minutes after you start the red zone medicines and you have not reached your doctor/nurse

Peak flow (less than 50%) \_\_\_\_\_

**Contact your doctor/nurse within two days of an emergency room visit or hospitalization.**