

ASTHMA ACTION PLAN

Pediatric Associates, Inc.

Plan for: _____ Medical Record #: _____

Date: _____

Doctor's Name: _____ Doctor's Phone: _____

GREEN ZONE

Use these medicines EVERYDAY!

- Normal breathing effort
- Not coughing
- No effort to work or play
- Doesn't wake in the night

Medicine	How much to take	How often
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15-20 minutes before exercise:

YELLOW ZONE

WARNING-Take these medicines to relieve symptoms

- Can't breathe normally
- Can't work or play without effort
- Coughing and/or Wheezing
- Tight chest
- Wake up at night due to cough

Medicine	How much to take	How often
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Xopenex aerosol or 2puffs with the spacer every 4-6 hours as needed until cough and wheeze free.

CALL DOCTOR IF SYMPTOMS GET WORSE OR DO NOT IMPROVE IN 24 HOURS

RED ZONE

DANGER! MEDICAL ALERT

- Can't breathe or very difficult to breathe
- Albuterol not helping or lasting 4 hours
- Medicine is not helping
- Heart rate or pulse is very fast
- Nose opens wide when breathing
- Hard to walk and talk
- Ribs or neck muscles show when breathing
- Lips or fingernails turn gray or blue

Medicine	How much to take	How often
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Take Xopenex and get help from a doctor Now!

CALL FOR HELP, YOUR SYMPTOMS ARE SERIOUS AND COULD BE LIFE THREATENING!