Your ASTHMA ACTION PLAN
Your appointment is at 10:00 am tomorrow or the next day that your doctor’s office is open. Please call your doctor’s office to confirm or call to change your appointment time.

GREEN ZONE: DOING WELL
- Breathing is good
- No cough or wheeze
- Can work and play
- Sleeping through the night
- Healthy, no cold symptoms

YELLOW ZONE: CAUTION
- First sign of a cold
- Exposure to known trigger
- Cough or wheeze
- Tight chest
- Coughing at night
- Problems working or playing
- Some trouble breathing

RED ZONE: DANGER
- Cannot work or play
- Getting worse instead of better
- Medicine is not working
- Breathing is hard and fast
- Nose open wide
- Ribs showing
- Trouble talking

Use these medicines EVERY DAY even when well

<table>
<thead>
<tr>
<th>MEDICINE</th>
<th>HOW MUCH</th>
<th>HOW OFTEN / WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulmicort</td>
<td>1 ampule</td>
<td>1 or 2 times daily</td>
</tr>
<tr>
<td>OR</td>
<td>Flovent</td>
<td>1 to 2 puffs</td>
</tr>
</tbody>
</table>

There are several other possible medicines such as Advair and Singulair. Discuss this with your doctor. These are preventive medicines to prevent bad cough and wheezing.

For asthma with exercise: Use albuterol as needed

Continue Green Zone control medications and add:

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<tbody>
<tr>
<td>Albuecettol or Xopenex</td>
<td>1 ampule</td>
<td>Now and repeat in 20 minutes, plus every 3 to 4 hours</td>
</tr>
<tr>
<td>OR</td>
<td>Albuecettol or Xopenex inhaler</td>
<td>2 to 4 puffs</td>
</tr>
</tbody>
</table>

Prednisolone or prednisone Call your doctor now for dose and how often to give it

Move to the RED ZONE if no improvement

Take these medications and CALL YOUR DOCTOR NOW

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<td>Albuecettol or Xopenex</td>
<td>1 ampule</td>
<td>Give treatment every 20 minutes, up to 3 times in a row on your way to the ER or doctor’s office</td>
</tr>
<tr>
<td>OR</td>
<td>Albuecettol or Xopenex inhaler</td>
<td>3 to 5 puffs</td>
</tr>
</tbody>
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Prednisolone or prednisone Dosing will be done by ER or your doctor’s office

GET HELP FROM A DOCTOR NOW! THIS IS AN EMERGENCY. IF YOU CANNOT CONTACT YOUR DOCTOR, GO DIRECTLY TO THE NEAREST E.R. OR CALL 911.