

# A.S.M.A. (Asthma Self-Management Action) Plan (see reverse for asthma control information)

A.S.M.A. Plan for \_\_\_\_\_  
 Doctor's Name \_\_\_\_\_ Date \_\_\_\_\_ My Controller Medicines: \_\_\_\_\_  
 Doctor's Phone Number \_\_\_\_\_ After Hours \_\_\_\_\_  
 Hospital/Emergency Department Phone Number \_\_\_\_\_

My Best Peak Flow \_\_\_\_\_

My Quick-Relief Medicine: \_\_\_\_\_

## GREEN ZONE: Doing Well

### You feel good:

- No cough
- No wheeze
- Breathing is good—day and night
- Can do usual activities

and

Peak Flow:  
more than \_\_\_\_\_  
(>80% of best)

**Even if you don't have symptoms, you still have asthma. Take these long-term control medicines every day.**

Medicine	How much to take	When to take it
	Puffs:	10-30 minutes before exercise

## YELLOW ZONE: Asthma Is Getting Worse

### You have any of these:

- Cough
- Wheeze
- Trouble breathing
- Waking at night due to asthma
- Can't do some usual activities

or

Peak Flow:  
\_\_\_\_\_ to \_\_\_\_\_  
(50%–80% of best)

**1 Keep taking your controller medicines every day.**

**2 Add your quick-relief medicine:**

Medicine	How much to take	When to take it
	Puffs:	Every 20 minutes for up to 1 hour

**3 If your symptoms do not improve in \_\_\_\_\_ days, call your doctor. Your doctor may instruct you to take the following medicines:**

Medicine	How much to take	When to take it

## RED ZONE: Get Medical Help!

### You have any of these:

- Medicines are not helping
- Breathing is hard
- Lips and fingernails are blue
- Can't walk or talk well

or

Peak Flow:  
less than \_\_\_\_\_  
(<50% of best)

**Take these medicines now!**

Medicine	How much to take	When to take it
	Puffs:	<b>NOW!</b>

**If you are unable to contact your doctor or nurse: Call 911 or go to the nearest emergency room and bring this form with you.**

People who should have a copy of my A.S.M.A. plan: spouse, coworkers, family members/friends.