

# HealthyActions

Achieving Your Goals for Healthy Living

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

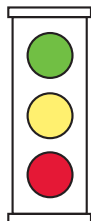
Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

Phone # for doctor or clinic: \_\_\_\_\_

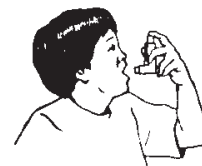
Phone # for taxi or friend: \_\_\_\_\_

## Asthma Patient Action Plan

You can use the colors of a traffic light to help learn about your asthma medicines.



- Green** means **Go**. Asthma in good control. Use controller medicine.
- Yellow** means **Caution**. Use both reliever medicine and controller medicine.
- Red** means **Stop**. Get help from a doctor. Call 911.



### 1. Green – Go

Asthma in good control. Use controller medicine.

- Breathing is good
- No coughing or wheezing
- Can work and play

Peak Flow Range  
\_\_\_\_\_ to \_\_\_\_\_



Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____
20 minutes before sports, use this medicine:		
_____	_____	_____

### 2. Yellow – Caution

Use controller medicine. Take reliever medicine to keep an asthma attack from getting bad.



Coughing



Wheezing



Tight Chest



Waking up at night

Peak Flow Range  
\_\_\_\_\_ to \_\_\_\_\_

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____

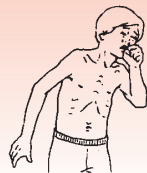
### 3. Red – Stop – Danger

Get help from a doctor now! Call 911.

Take these medicines until you talk with the doctor.

- Medicine is not helping
- Breathing is hard and fast
- Nostrils open wide
- Can't walk
- Ribs show
- Can't talk well

Peak Flow Range  
\_\_\_\_\_ to \_\_\_\_\_



Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____

