

# Using an Asthma Action Plan

Develop an Asthma Action Plan with your doctor at your next visit. It may help you manage your asthma better on a day-to-day basis.

Your Asthma Action Plan Can Help You Decide:

- What medicines to take
- How much to take
- When to take them
- When and how to get help

Your Asthma Action Plan Should Include:

- Emergency phone numbers
- Asthma flare-up information
- How to use your peak flow readings to show you when you may be heading for a flare-up, even before you have symptoms (see table below)

Your Asthma Action Plan uses 3 color zones to help you decide what to do:	
<b>GREEN ZONE</b>	Your breathing is good. Follow your doctor's instructions for this zone even though you may feel fine.
	You're having a flare-up. Take your yellow zone medicines to keep it from getting worse.
<b>RED ZONE</b>	You're having a serious flare-up. Take your red zone medicines and get help now.

Discuss the plan every 3 to 6 months with your doctor or nurse.

## Share Your Plan

Give a copy to friends, relatives, teachers, coaches, neighbors, and baby-sitters so that they can help you if you have a flare-up.



Share your Asthma Action Plan with others.