

# Do You Have an Asthma Action Plan?



## WHAT IS A PEAK FLOW METER?

A peak flow meter measures how you breathe. It helps control your asthma. Your doctor will be able to adjust your asthma medication based on your symptoms and your peak flow meter reading.

### SOME SYMPTOMS INCLUDE:

- Coughing
- Wheezing
- Shortness of Breath
- Chest Pressure

## PEAK FLOW METER READING:

A lower reading than your usual reading means that you are having problems breathing. Consult your doctor for information about how to obtain a peak flow meter. To make your asthma action plan work, you need to ask your doctor some questions.

- When should you call your doctor?
- When should you seek emergency care?
- When is quick relief medicine not enough?
- When or if you should increase inhaled steroids?
- When or if you should start taking oral steroids?

The 3 zones in your asthma action plan are:

- **GREEN: GO.** You're feeling O.K. Just keep using your preventive medication.
- **YELLOW: BE CAREFUL.** You are having some symptoms. It's time to use your quick-relief medication.
- **RED: STOP.** Your symptoms are BAD. You need to get medical help as soon as possible.



**FOR MORE INFORMATION** about asthma, call Care Management 1.800.414.6675 (TTY: 1.800.473.0989).



**DELAWARE HEALTH AND SOCIAL SERVICES**  
Division of Medicaid & Medical Assistance

# RESPIRATORY

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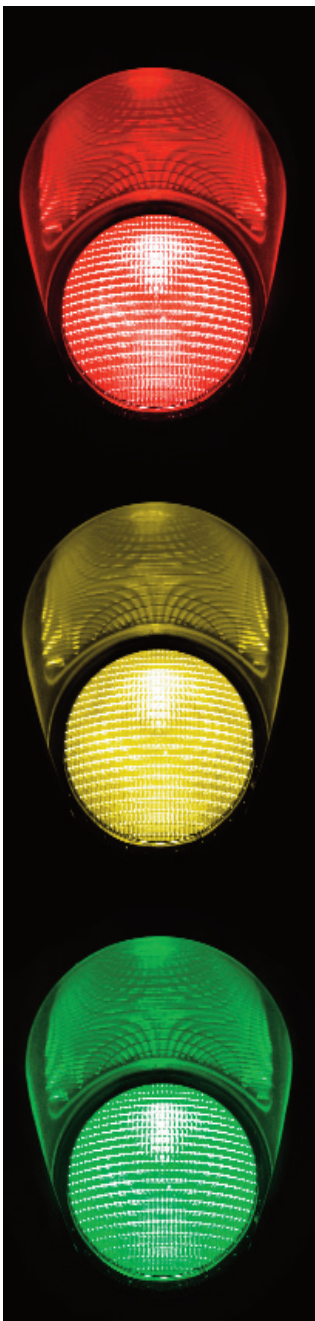
ASTHMA

Plan for: \_\_\_\_\_  
Doctor's Name: \_\_\_\_\_  
Doctor's Phone: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_  
Address: \_\_\_\_\_

My personal best peak flow reading is: \_\_\_\_\_

Emergency: Call 911 or \_\_\_\_\_



### RED - STOP

- Medicine is not working
- Heart rate or pulse is very fast
- Nose open wide when breathing
- Hard to walk
- Ribs or neck muscles show when breathing
- Hard to talk
- Lips or finger nails turn grey or blue  
or peak flow number below \_\_\_\_\_

Get help from your doctor NOW !

Medicine How Much When

\_\_\_\_\_  
\_\_\_\_\_

Special Instructions:

\_\_\_\_\_  
\_\_\_\_\_

### YELLOW - BE CAREFUL

- Cough
- Wheeze
- Tight chest
- Wake up at night
- Mucus
- Short of breath
- First sign of a cold  
or peak flow number \_\_\_ to \_\_\_

Call Doctor

- Yes
- No

Use these medications to  
keep from getting worse.  
Medicine How Much When

\_\_\_\_\_  
\_\_\_\_\_

Special Instructions:

\_\_\_\_\_  
\_\_\_\_\_

### GREEN - GO

- Breathing is good
- No cough or wheeze
- Can work or play  
Peak flow number is above \_\_\_\_\_  
(Greater than 80% of best)

Use these daily medicines.  
Medicine How Much When

\_\_\_\_\_  
\_\_\_\_\_

Before sports or play, use:

\_\_\_\_\_