

Asthma Diary

With your provider's help, use this diary. Keep it up to date and always on-hand. In an emergency, it's an important record of your medicines, triggers, and peak flow. Your provider will use this as part of your assessment.

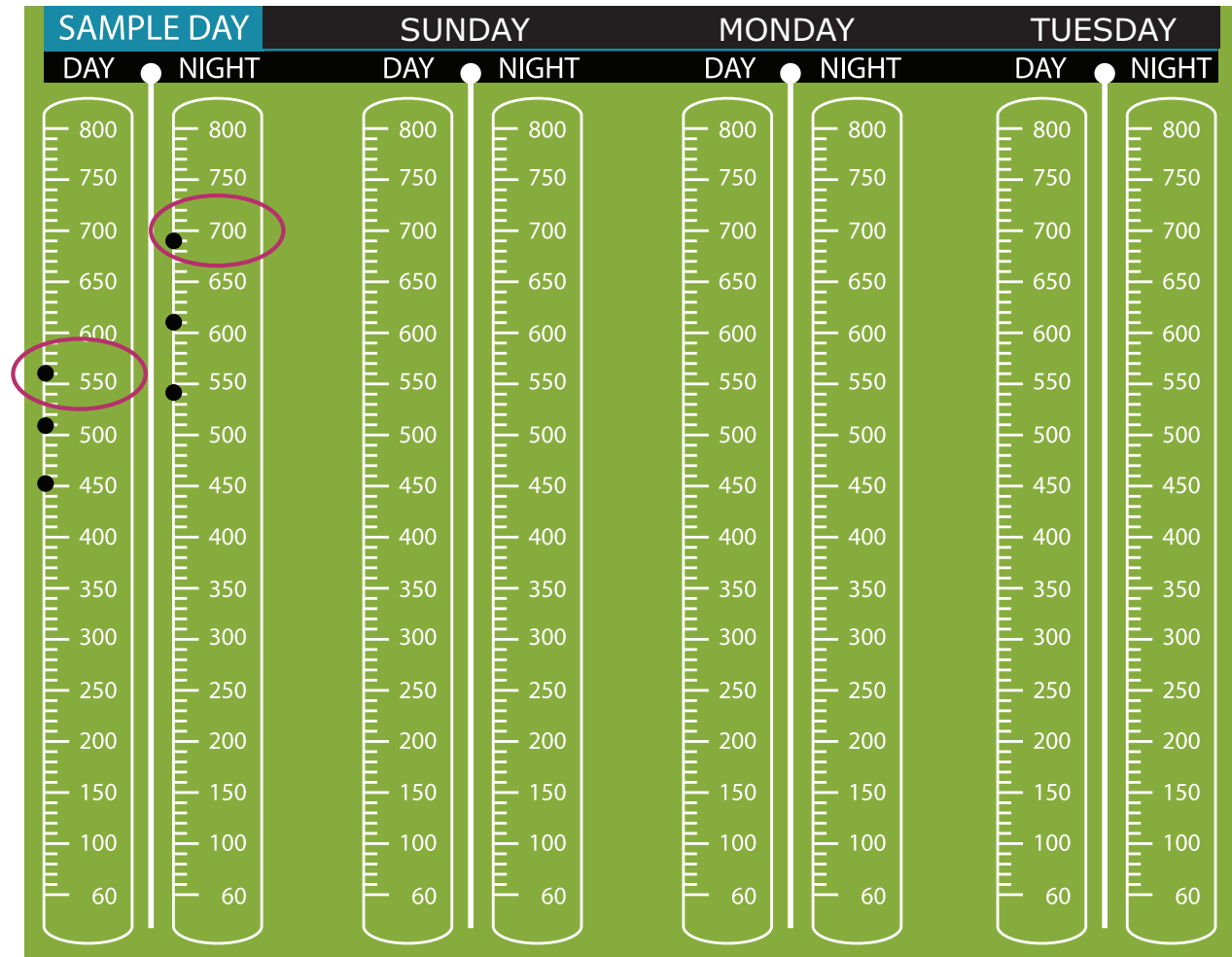
NAME _____

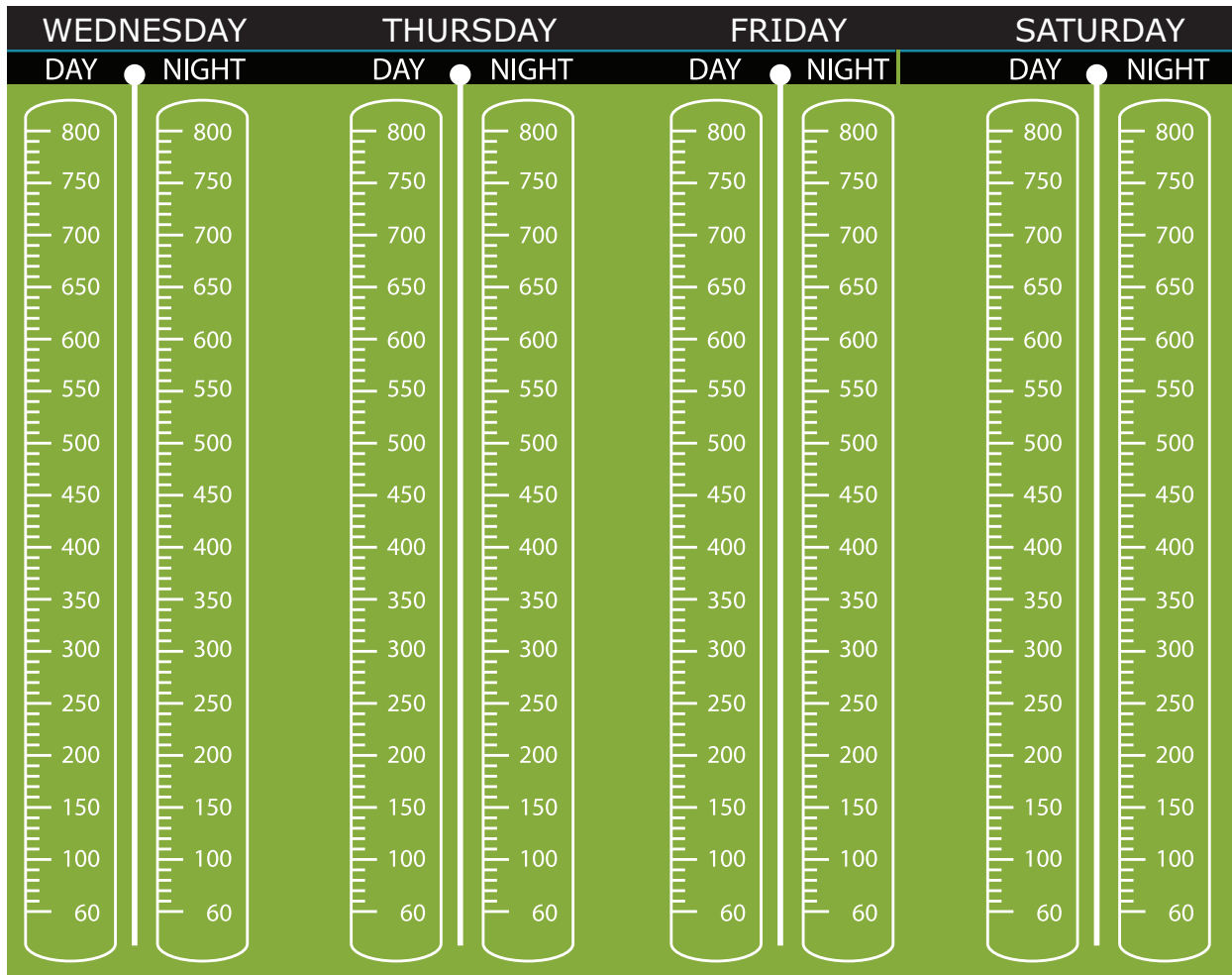
The diagram shows a peak flow scale with three zones: Green Zone (left), Yellow Zone (middle), and Red Zone (right). Each zone contains two circles labeled 'A'. Below the scale is a grid for recording data. The grid has columns for 'Medicines/Dosage' and 'Triggers, Symptoms'. The rows are organized by day of the week (Monday to Sunday) and time of day (DAY and NIGHT).

		Green Zone	Yellow Zone	Red Zone	Medicines/Dosage	Triggers, Symptoms
Monday	DAY					
	NIGHT					
Tuesday	DAY					
	NIGHT					
Wednesday	DAY					
	NIGHT					
Thursday	DAY					
	NIGHT					
Friday	DAY					
	NIGHT					
Saturday	DAY					
	NIGHT					
Sunday	DAY					
	NIGHT					

How to Use a Peak Flow Meter

- Measure your peak flow number in the morning and evening.
- Hold the meter next to the chart each time you blow to make it easier to record the number.
- Circle the highest number of three blows. This is your peak flow.





Asthma Action Plan

ASTHMA ACTION PLAN FOR _____

PROVIDER'S NAME _____ DATE _____

PROVIDER'S PHONE NUMBER _____

HOSPITAL/EMERGENCY ROOM PHONE NUMBER _____

GREEN ZONE Doing Well

No cough, wheeze, chest tightness, or shortness of breath during the day or night, can do usual activities

And, if a peak flow meter is used, peak flow:

More than: _____ (80% or more of my best peak flow) My best peak flow is: _____

Take these long-term control medicines each day (includes an anti-inflammatory):

MEDICINE	DOSAGE	WHEN TO TAKE IT
BEFORE EXERCISE	<input type="checkbox"/> 2 <input type="checkbox"/> 4 puffs	5 to 60 minutes before exercise

YELLOW ZONE Getting Worse

Cough, wheeze, chest tightness, or shortness of breath or waking at night due to asthma, or can do some, but not all, usual activities

OR Peak flow: _____ to _____
(50% to 80% of my best peak flow)

Add: quick-relief medicine – and keep taking your GREEN ZONE medicine.

_____ 2 4 puffs, every 20 minutes for up to 1 hour
(short-acting beta2-agonist) Nebulizer, once

If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of treatment:

Take the quick-relief medicine every 4 hours for 1 to 2 days.

Double the dose of your inhaled steroid for _____ (7 to 10) days.

If your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:

Take: _____ 2 4 puffs or Nebulizer
(short-acting beta2-agonist)

Add: _____ mg per day for _____ (3 to 10) days.
(oral steroid)

Call the doctor within _____ hours after taking the oral steroid.

RED ZONE Medical Alert!

Very short of breath, or quick-relief medicines have not helped, or cannot do usual activities, or symptoms are same or get worse after 24 hours in YELLOW ZONE

OR Peak flow: less than _____ (50% of my best peak flow)

Take this medicine:

_____ 4 6 puffs or Nebulizer
(short-acting beta2-agonist)

_____ mg per day
(oral steroid)

Then call your doctor NOW! Go to the hospital or call for an ambulance if:

You are still in the **RED ZONE** after 15 minutes **AND** You have not reached your doctor.

DANGER SIGNS!

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue
- Take 4 6 puffs of your quick-relief medicine **AND**
- **Go to the hospital or call 911 for an ambulance NOW!**