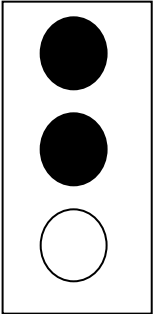
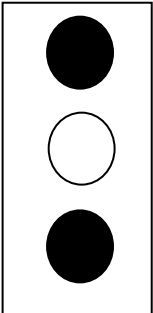
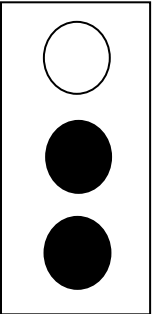


Asthma Action Plan for \_\_\_\_\_ Date \_\_\_\_\_

Primary care doctor: \_\_\_\_\_ Telephone number: \_\_\_\_\_

Asthma specialist: \_\_\_\_\_ Telephone number: \_\_\_\_\_

 <p>Your <b>green</b> zone is _____ or higher</p>	<p><b>Continue taking your daily medications:</b></p> <table><thead><tr><th>Medication</th><th>Dosage</th><th>Times/day</th></tr></thead><tbody><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr></tbody></table>	Medication	Dosage	Times/day	_____	_____	_____	_____	_____	_____	_____	_____	_____
Medication	Dosage	Times/day											
_____	_____	_____											
_____	_____	_____											
_____	_____	_____											
 <p>Your <b>yellow</b> zone is from _____ to _____</p>	<p><b>Take your daily medications and:</b></p> <table><thead><tr><th>Medication</th><th>Dosage</th><th>How often</th></tr></thead><tbody><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr></tbody></table>	Medication	Dosage	How often	_____	_____	_____	_____	_____	_____	_____	_____	_____
Medication	Dosage	How often											
_____	_____	_____											
_____	_____	_____											
_____	_____	_____											
 <p>Your <b>red</b> zone is _____ or lower</p>	<p><b>Get medical help now!</b> Take your daily medications and:</p> <table><thead><tr><th>Medication</th><th>Dosage</th><th>How often</th></tr></thead><tbody><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr></tbody></table>	Medication	Dosage	How often	_____	_____	_____	_____	_____	_____	_____	_____	_____
Medication	Dosage	How often											
_____	_____	_____											
_____	_____	_____											
_____	_____	_____											

Call your primary-care doctor if: \_\_\_\_\_

Call your asthma specialist if: \_\_\_\_\_

Go to the emergency room if: \_\_\_\_\_