**Maine Asthma Action/Management Plan**

**Personal best or predicted Peak Flow _____**

<table>
<thead>
<tr>
<th>Current Medications</th>
<th>How Much</th>
<th>How Often Each Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventive/Controller Medicines</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quick Relief Medicines</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Instructions:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Remember to get your Flu shot each year!

**Goals:**
- No severe symptoms
- Can do activities of your choice
- No work or school missed due to asthma
- Best possible lung function
- No emergency visits or hospitalizations for asthma
- Lowest dose of medicines that control asthma with fewest side effects

**YOUR GOALS**

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**Green Zone**

Doing Great!

Peak Flow 80-100%

**Yellow Zone**

Caution!

Asthma is getting worse

Peak Flow 50-80%

**Red Zone**

Peak Flow less than

- Very short of breath
- Hard time walking or talking
- Skin in neck or between ribs pulls in
- Quick relief medicines not helping
- Peak flow less than 50% personal best

<table>
<thead>
<tr>
<th>Peak Flow = _____ - _____</th>
<th>Peak Flow = _____ - _____</th>
<th>Peak Flow less than</th>
</tr>
</thead>
<tbody>
<tr>
<td>- No cough, wheeze, or difficulty breathing</td>
<td>- Cough, wheeze, short of breath, or using quick relief medicine more than two extra times per week</td>
<td>- Very short of breath</td>
</tr>
<tr>
<td>- Sleep through the night</td>
<td>- Waking at night due to cough or wheeze more than 2 times a month</td>
<td>- Hard time walking or talking</td>
</tr>
<tr>
<td>- Can do usual activities</td>
<td>- Can’t do regular activities</td>
<td>- Skin in neck or between ribs pulls in</td>
</tr>
<tr>
<td>- Peak flow 80-100% of personal best</td>
<td>- Peak flow 50-80% of personal best</td>
<td>- Quick relief medicines not helping</td>
</tr>
</tbody>
</table>

- Take your regular preventive medicines
- Exercise regularly
- Avoid your triggers:

<table>
<thead>
<tr>
<th>Q</th>
<th>Begin using quick relief nebulizer or quick relief inhaler every 4-6 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q</td>
<td>Other:</td>
</tr>
</tbody>
</table>

If your quick relief medicine isn’t working or you are not getting better in 24-48 hours, please call your healthcare provider!

- Take a nebulizer treatment, or 4 puffs of quick relief medicine **NOW**
- Call your healthcare provider **NOW** or go to the Emergency Room
- Call 911

Other instructions:

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Questions or problems? Please call us at tel. ________

Provider Signature / Clinician Signature

Date

Adapted from NHLBI guidelines 1997, 2001

(Form revised 7/29/04)