

## Asthma Action Plan

Name [REDACTED]		Date 10/27/2016
Birth Date [REDACTED]	Doctor/Nurse Name: Nataliya Krivitskaya, MD	Doctor/Nurse Phone #: 718-772-0070
Patient Goal:		Parent/Guardian Name & Phone [REDACTED]
Asthma Severity: <b>Intermittent</b>		
Important! Avoid things that make your asthma worse:		



The colors of a traffic light will help you use your asthma medicine.

**Green means Go Zone!**  
Use controller medicines.

**Yellow means Caution Zone!**  
Add quick-relief medicine.

**Red means Danger Zone!**  
Get help from a doctor.

### GO - You're Doing Well!

Use these daily controller medicines:

You have all of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can go to school and play



Peak Flow from  
(80-100% of personal best)

MEDICINE	DOSE

### CAUTION - Slow Down!

Continue with green zone medicine and add:

You have any of these:

- First signs of a cold
- Cough
- Mild wheeze
- Tight chest
- Coughing, wheezing, or trouble breathing at night



Peak Flow from  
(50-80% of personal best)

MEDICINE	DOSE
Albuterol MDI	2 puff q4h x 5 days

call office if no response in 3-4 days

CALL YOUR DOCTOR/NURSE: 718-772-0070

### DANGER - Get Help!

Take these medicines and call your doctor now:

Your asthma is getting worse fast:

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Can't talk well



Peak Flow from  
(below 50% of personal best)

MEDICINE	DOSE
Albuterol MDI	2 puff q20min x 3 times

call 911 or office

**GET HELP FROM A DOCTOR NOW! Do not be afraid of causing a fuss. Your doctor will**