



MY ASTHMA ZONE TOOL AND ACTION PLAN

This plan should be discussed at each office visit and updated as needed.

The green, yellow and red zones show symptoms of COPD. The list of symptoms is not complete, and you may experience other symptoms. In the “Actions” column, there are recommended actions for you to take based on your symptoms by checking the appropriate boxes.

Green Zone: I am doing well today	Actions
<ul style="list-style-type: none"> • Usual activity and exercise level • No cough or wheeze • Slept well last night • No shortness of breath, no weight gain of more than 2 pounds, no swelling 	<ul style="list-style-type: none"> <input type="checkbox"/> Take daily medications <input type="checkbox"/> Peak Flow Meter- more than 80% of personal best or _____ <input type="checkbox"/> Continue regular exercise/diet plan <input type="checkbox"/> At all times avoid cigarette smoke and inhaled irritants
Yellow Zone: I am having a bad day or Asthma flare	Actions
<ul style="list-style-type: none"> • More breathless than usual • I have less energy for my daily activities • Using quick relief inhaler/nebulizer more often • Coughing, wheezing or tight chest • Poor sleep and my symptoms woke me up 	<ul style="list-style-type: none"> <input type="checkbox"/> Continue taking daily medications <input type="checkbox"/> Use quick relief inhaler every ____ hours <input type="checkbox"/> Get plenty of rest <input type="checkbox"/> At all times avoid cigarette smoke, inhaled irritants <input type="checkbox"/> Peak Flow Meter between 50-80% of personal best or _____ to _____ <input type="checkbox"/> Call provider immediately if symptoms don't improve: they may indicate that an adjustment in medication or oxygen therapy is needed
Red Zone: I need urgent medical care	Actions
<ul style="list-style-type: none"> • Severe shortness of breath even at rest • Not able to do any activity because of breathing • Change in color of your skin, nail beds or lips to gray or blue • Quick relief inhaler/recuse meds not helping 	<ul style="list-style-type: none"> <input type="checkbox"/> Call 911 or seek medical care immediately <input type="checkbox"/> Peak Flow Meter less than 50% of personal best or _____ to _____ <input type="checkbox"/> While getting help, immediately do the following: