

# A.S.M.A. (Asthma Self-Management Action) Plan (see reverse for Asthma Control Goals)

A.S.M.A. plan for \_\_\_\_\_ Doctor's name \_\_\_\_\_ Date \_\_\_\_\_  
 Doctor's phone number \_\_\_\_\_ After hours \_\_\_\_\_ 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: \_\_\_\_\_

Before exercise, take

2 or  4 puffs      5 to 60 minutes before exercise

## Take These Long-Term-Control Medicines Each Day

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____

## YELLOW ZONE: Asthma Is 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)

FIRST

**Add: Quick-Relief Medicine - and keep taking your GREEN ZONE medicine**  
 \_\_\_\_\_ (short-acting  $\beta_2$ -agonist)  
 2 or  4 puffs, every 20 minutes for up to 1 hour  
 nebulizer, once

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

-Or-

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

- Take: \_\_\_\_\_ (short-acting  $\beta_2$ -agonist)  
 2 or  4 puffs or  nebulizer
- Add: \_\_\_\_\_ mg per day For \_\_\_\_\_ (3 to 10) days  
(oral steroid)
- Call the doctor  before /  within \_\_\_\_\_ hours after taking the oral steroid

SECOND

## 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 worse after 24 hours in Yellow Zone

-Or-

Peak flow: less than \_\_\_\_\_  
 (50% of my best peak flow)

## Take this medicine:

- \_\_\_\_\_ (short-acting  $\beta_2$ -agonist)  
 4 or  6 puffs or  nebulizer
- \_\_\_\_\_ mg  
(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 or  6 puffs of your quick-relief medicine AND
- Go to the hospital or call for an ambulance ( \_\_\_\_\_ ) **NOW!**

People who should have a copy of my A.S.M.A. plan: spouse, school nurse, coworkers, babysitter, family members/friends

Adapted from National Asthma Education and Prevention Program; National Heart, Lung, and Blood Institute; NIH Publication No. 97-4053.

**MERCK** ©1998 Merck & Co., Inc. All rights reserved.

982672-06-SNG

PATIENT COPY

Printed in USA Contains 50% recycled material ♻️