

Asthma Action Plan.

Green Zone

Daytime symptoms: Less than 3 times/week
Nighttime symptoms: None
Reliever Medication use: Less than 3 times/week*
*Except one dose/day for prior to exercise
Physical Activity: Normal

Green Zone Plan

Take:
QVAR 100 mcg one inhalation 2 times per day
Take salbutamol 2 inhalations as required

Yellow Zone

Daytime symptoms: More than 3 times/week
Nighttime symptoms: Any
Reliever Medication use: 4 or more times/week
Physical Activity: Limited

Yellow Zone Plan

Take:
QVAR 100 mcg two inhalations 2 to 4 times per day
Take salbutamol 2 inhalations as required

If no improvement in one or two days, call physician

Red Zone

Daytime symptoms: Frequently
Nighttime symptoms: Any
Reliever Medication use: Relief lasts less than two hours
Physical Activity: Difficulty walking or talking

Red Zone Plan

SEE PHYSICIAN.

If no improvement with extra salbutamol, go to emergency.

All relevant allergens should be avoided