

# 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 50 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 50 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**

Dr. Harold Kim