

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:
Symbicort 200/6 mcg one or two inhalations 2 times per day
Take extra Symbicort one inhalation as required
The total number of inhalations of Symbicort should not exceed 8 per day

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:
Symbicort 200/6 mcg two inhalations 2 times per day
Take extra Symbicort one inhalation as required
The total number of inhalations of Symbicort should not exceed 8 per day

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 Symbicort, go to emergency.

All relevant allergens should be avoided

Dr. Harold Kim