

DRS BEAMER, CARLON & CRAIGEN, S.C.

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ASTHMA ACTION PLAN FOR _____ Date: ____/____/____

Doctor's Name (Circle one): Beamer Carlon Craigen (708-628-0600)

Hospital Emergency Room Phone _____

Best Peak Flow _____

GREEN ZONE: Doing Well

No cough, wheeze, chest tightness, or shortness of breath during the day or night, -AND- Can do usual activities -AND- if a peak flow motor is used, Peak flow is more than ____ (80% or more of my best peak flow)

Take These Long-Term-Control Medicines Each Day (include an Anti-Inflammatory)

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

_____ 2 or 4 puffs 5 to 60 minutes **before exercise**

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 is ____ to ____ (50% to 80% of my best peak flow)

- ① Keep taking your GREEN ZONE medicine
- ② Add: Quick-Relief Medicine _____ (short-acting β_2 -agonist)
 2 or 4 puffs every 20 minutes for up to 1 hour or Nebulizer, once
- ③a If your symptoms and peak flow return to the **GREEN ZONE** after 1 hour of treatment:
 Take the quick relief medicine every 4 hours for 1 to 2 days
 Double the dose of your inhaled steroid for ____ (7-10) days.
- ③b If your symptoms and peak flow **DO NOT** return to the GREEN ZONE after 1 hour:
 Take _____ (short-acting β_2 -agonist) 2 or 4 puffs or Nebulizer
 Add _____ (oral steroid) at ____ mg/day for ____ (3-10) days
 Call your doctor before / within ____ hours after taking the oral steroid.

Red ZONE: Medical Alert

Very short of breath, -OR- Quick relief medicines have not helped, -OR- Cannot do usual activities, or Symptoms are the same or get worse after 24 hours in the yellow zone, -OR- Peak flow: ____ to ____ (50% to 80% of my best peak flow).

Take this medicine:

- _____ (short-acting β_2 -agonist) 4 or 6 puffs or Nebulizer
 _____ (oral steroid) at ____ mg

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 still not reached your doctor.

DANGER SIGNS: 1) Trouble walking/talking due to shortness of breath, 2) Lips/fingernails are blue
☞ Take 4 or 6 puffs of your quick-relief medicine AND Go to the hospital or call for an ambulance NOW (_____)

Revised February 9th, 2006

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page 1 of 1

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