ASTHMA PATIENT ACTION PLAN

You can use the colors of a traffic light to help learn about your asthma medicines.

1. **Green** means **Go.**
   Use controller medicine.

2. **Yellow** means **Caution.**
   Use both reliever medicine and controller medicine.

3. **Red** means **Stop.**
   Get help from a doctor.

### 1. Green – Go

- Breathing is good
- No coughing or wheezing
- Can work and play

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
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<tbody>
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20 minutes before sports, use this medicine:

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### 2. Yellow – Caution

- Coughing
- Wheezing
- Tight Chest
- Waking up at night

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Peak Flow Number

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### 3. Red – Stop – Danger

- Medicine is not helping
- Breathing is hard and fast
- Nostrils open wide
- Can’t walk
- Ribs show
- Can’t talk well

Get help from a doctor now!

Take these medicines until you talk with the doctor.

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