

## GP

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

## Practice Nurse

Name: \_\_\_\_\_

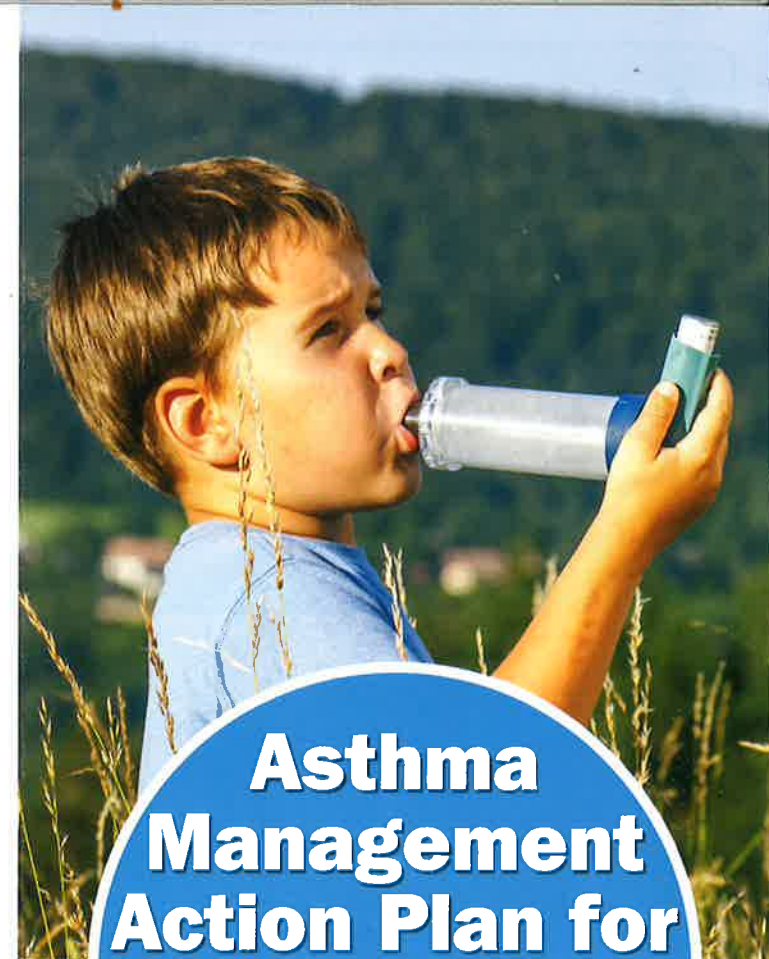
Phone: \_\_\_\_\_

### Action Plan Review Due

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

- Contact your practice nurse or GP if you are unsure or worried about what to do
- Please contact your practice nurse or GP if this plan is lost

**For further information please  
contact your local asthma  
society**



# Asthma Management Action Plan for Young People

Action Plan for  
controlling your  
asthma

**asthma**  
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THE LUNG ASSOCIATION

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NEW ZEALAND  
THE LUNG ASSOCIATION



# Asthma Management Action Plan for Young People

## Your peak flow readings

Name: \_\_\_\_\_

My goal is \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

100%

### Green Zone-Go! Asthma under control

- Breathing is good
- Reliever used no more than 2 times a week
- Managing to do usual activities
- Free of night-time symptoms

### Controlling Asthma

Asthma control involves taking the following:

- Preventer: \_\_\_\_\_ puff(s) morning and night even when well
- Reliever: \_\_\_\_\_ puff(s) when needed and 5-10 minutes before exercise
- Symptom controller \_\_\_\_\_ puff(s) morning and night always with a preventer
- Other medication \_\_\_\_\_

85%

### Yellow Zone-Caution! Asthma getting worse

- At first sign of a cold or flu
- Increasing breathlessness
- Coughing, wheezing or chest tightness during the day
- Waking up at night because of asthma symptoms

### Action Yellow Zone

- Preventer: \_\_\_\_\_ puff(s) morning and night even when well
- Increase reliever to \_\_\_\_\_ puffs every 4 hours until symptoms improve
- Continue with symptom controller and any other medication as directed

60%

### Orange Zone-Medical Alert! If you experience any of the following, action orange zone

- Very short of breath
- Difficult to breathe
- Needing reliever every 2-3 hours
- Wheezing sound getting louder
- Area between ribs and around neck sucking in

### Action Orange Zone

- Give/Take \_\_\_\_\_ puffs of reliever inhaler (blue) (one puff at a time to 6 breaths) through spacer at 20 minute intervals for one hour.
- Contact GP or Emergency Centre for advice and inform them you/your child is having an asthma attack

40%

### Red Zone-Emergency !!!! If you/your child has any of the following

- Severe difficulty with breathing, walking or talking
- Blueness around lips or on fingertips
- Exhausted / distressed
- Wheezing sounds louder or stops
- Area between ribs and around neck sucking in

### Dial 111 and ask for ambulance

- State your child/you are having a **SEVERE ASTHMA ATTACK**
- Give/Take 6 puffs of blue reliever inhaler through spacer (1 puff at a time to every 6 breaths) every 6 minutes until help arrives
- If alone contact a support person to stay until help arrives