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| Horizon-h4c | **Asthma Education Clinic Action Plan** |

Asthma Action Plan for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ID # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **GREEN ZONE: I FEEL WELL**  I am using my \_\_\_\_\_\_\_\_\_ 3X / week or less.  I have a cough, wheeze, difficulty breathing  3X week or less.  I am waking up less than 1X / week due to  cough, wheeze, difficulty breathing.  I can do all of my usual activities. | **Take these Medications:** | |
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| **YELLOW ZONE: I FEEL WORSE**  I feel like I’m catching a cold.  I am using my \_\_\_\_\_\_\_\_ 4X / week or more.  I have a cough, wheeze, difficulty breathing  4X / week or more.  I am waking up 1X / week or more due to  cough, wheeze, difficulty breathing.  I can do some, but not all, of my usual  activities.  **Stay in the YELLOW ZONE until you are symptom free for one week and contact your**  **doctor if you don’t feel better in 1-2 days.** | **Add / Increase to these Medications At Earliest Sign of Symptoms:** | |
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| **RED ZONE: I FEEL TERRIBLE!**  My \_\_\_\_\_\_\_\_\_ doesn’t seem to be working /  doesn’t last for two hours.  I have a cough, wheeze, difficulty breathing  most of the time.  I am waking most nights with cough,  wheeze, difficulty breathing.  I am having difficulty talking. | **Go to the Emergency Room OR Call 911** | |
| **Use your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2 puffs every 10 minutes on your way to the hospital.** | |

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_