

## My Peak Flow

My best peak flow

### Green Zone

(80–100 percent of best peak flow)

### Yellow Zone

(50–79 percent of best peak flow)

### Red Zone

(Less than 50 percent of best peak flow)



## Talk to Your Doctor About:

- Your asthma treatment goals and how to achieve them
- Your medications—what they are for, how much to take, and when and how to take them
- How to use your inhaler and a peak flow meter, if you have one
- Your asthma triggers and how to avoid them
- Warning signs of an asthma attack and what you should do if your symptoms get worse

Ask for a written asthma action plan for responding to worsening symptoms—and make sure you understand it.



U.S. Department of Health and Human Services  
National Institutes of Health



National Heart, Lung,  
and Blood Institute

NIH Publication No. 14-5245  
January 2007  
Reprinted August 2014

## My Asthma Wallet Card



Carry This Card To Help  
Control Your Asthma

<http://www.nhlbi.nih.gov>



U.S. Department of Health and Human Services  
National Institutes of Health

National Heart, Lung, and Blood Institute

# My Asthma Action Plan

\_\_\_\_\_  
Doctor's Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Telephone Number

\_\_\_\_\_  
Emergency Contact Name

\_\_\_\_\_  
Hospital/Emergency Department Number



# My Medicines

## Long-Term Control Medicines

Name	Dose	When To Take
_____		
_____		
_____		

## Quick-Relief Medicines

Name	Dose	When To Take
Short-acting beta <sub>2</sub> -agonist:		
_____		
_____		
_____		

# Warning Signs of an Asthma Attack

Check below any things that you know may warn you of an attack coming on:

- awakening at night
- difficulty breathing
- wheezing
- coughing, especially at night
- chest tightness
- feeling very tired
- itchy or sore throat
- itchy nose
- itchy, watery or glassy eyes
- need more beta<sub>2</sub>-agonist than usual
- other \_\_\_\_\_

