



Date:

Patient name:

Name Health Care Provider - HCP:

**The Green Zone: ALL of the following**

**Asthma is controlled when all of the following are true for the past week.**

Symptoms

1. No day interference with usual day Activities, especially exercise, on all days of the week.
2. No night interference with sleep, especially no nocturnal awakenings, on all nights of the week.
3. Day time asthma symptoms on not on most days - less than 4 days per week.
4. Need for Reliever/rescue medication on not on most days - less than 4 times per week.

**AND**

Peak Expiratory Flow (PEF) over 80% of personal best

**Green Zone Asthma Action Plan**

All adults and adolescents should receive symptom-driven  
**OR** regular low dose ICS-containing controller treatment.  
 daily low dose ICS-formoterol:

**OR** symptom-driven low dose ICS-formoterol:

daily low dose ICS with SABA:

**OR** symptom-driven low dose ICS with SABA:

**Yellow Zone: ANY Action Point**

**Asthma not controlled if any symptom or PEF action point is active.**

Symptom action points within the past week:

1. Any day interference with usual day activities, especially exercise, on any day of the week.
2. Any night interference with usual sleep, especially nocturnal awakening, on any night of the week.
3. Day time asthma symptoms on most days (4 or more days per week).
4. Need for Reliever/rescue medication on most days (4 or more times per week).

**OR**

**Peak Expiratory Flow Action Points within the past 2 days:**

1. Action Point 1: PEF 80% to 60% of Personal Best.
2. Action Point 2: (under 60% of Personal Best).
3. Action Point 3: (under 50% of Personal Best).

**Not well controlled: 1 step of step-up therapy: quad ICS**

3 of 4 symptom action points in the yellow zone for 7 days.  
**OR** PEF under 80% and over 60% of personal best for 2 days.

Start your quadruple ICS. See your HCP ASAP (within days).

**very poorly controlled: 2 steps : add OCS to quad ICS**  
 Failure to improve within 48 hours of step-up quadruple ICS  
**OR** PEF under 60% of personal best

add OCS for 5 days to quadruple ICS. See your HCP urgently.

**All PEF Action Points are based on Personal Best PEF:**

- Action 1: 1 step of therapy. MUST see your HCP ASAP within days.  
 Action 2: 2 steps of therapy. MUST see your HCP urgently:1-2 days.  
 Action 3: 2 steps of therapy and seek Immediate help. See Red zone.

**Red Zone is urgent loss of Asthma Control if ANY of these are true:**

1. If you cannot speak due to asthma?
2. If you have Shortness of Breath at rest?
3. If your reliever does not work?
4. If your Peak Expiratory Flow is less than 50% of your Personal Best?
5. If you know from past experience that this is a severe attack?



**Red Zone Action Plan**

1. Seek help.
2. Continue 2 puffs of your reliever every 10 minutes.
3. Go to the nearest Emergency.
4. Do not attempt to drive yourself.