



## Using Your Asthma Action Plan

Your Asthma Action Plan is an important tool to help you manage your asthma.

The goal is for you to be free of asthma symptoms. However, if you have symptoms, you need to know what to do. Your Asthma Action Plan gives specific instructions on what to do to help control your asthma. Follow it closely, avoid your asthma triggers, and take your medications as prescribed.

There are three zones based on how you are feeling now and how much your asthma is interfering with daily activities (such as work/school, exercise, or sleep). Your Asthma Action Plan tells you what to do for each zone.

### **Green Zone: "I feel good."**

No current asthma symptoms. Keep following your plan and continue taking your prescribed preventative asthma or allergy medications.

### **Yellow Zone: "I don't feel good."**

Now is the time to start the "quick relief" or "rescue" medications listed in the yellow zone. These should help you with the asthma symptoms you are feeling now. If you are having symptoms more than three or four days a month, after following the instructions in this zone or don't know what to do, call your health care provider.

### **Red Zone: "I feel awful."**

If you are having a lot of difficulty breathing, or are having any of the "Alert" symptoms listed in the red zone, follow the instructions in this zone for your "rescue" medicine. Seek help or medical advice immediately.

Get to know your Asthma Action Plan. Provide a copy to any day care providers, extended family, coaches, school officials or other adults that may be in charge of your care. If you need additional copies, contact your health care provider.

Bring your medications and your Asthma Action Plan with you when seeking medical care. Your Asthma Action Plan may change over time. It should be updated **at least** once a year. Your health care provider can help you keep it updated.

### BARBARA WOODWARD LIPS PATIENT EDUCATION CENTER

Mrs. Lips, a resident of San Antonio, Texas, was a loyal patient of Mayo Clinic for more than 40 years. She was a self-made business leader who significantly expanded her family's activities in oil, gas and ranching, even as she assembled a museum-quality collection of antiques and fine art. She was best known by Mayo staff for her patient advocacy and support.

Upon her death in 1995, Mrs. Lips paid the ultimate compliment by leaving her entire estate to Mayo Clinic. Mrs. Lips had a profound appreciation for the care she received at Mayo Clinic. By naming the Barbara Woodward Lips Patient Education Center, Mayo honors her generosity, her love of learning, her belief in patient empowerment and her dedication to high-quality care.

**MAYO CLINIC** | 200 First Street SW | Rochester, MN 55905 | [mayoclinic.org](http://mayoclinic.org)

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