

DrSonia Patient Handout
Asthma action plan (template)

Use this plan with your clinician to manage symptoms.

Green zone (doing well)

- Take controller inhaler as prescribed.
- Keep rescue inhaler available.

Yellow zone (worsening)

- Increase rescue inhaler as directed.
- Contact your clinician if not improving.

Red zone (urgent)

- Severe shortness of breath or speaking in single words.
- Use rescue inhaler and seek urgent care.

Source: Asthma Canada
Educational use only; not medical advice.