

# **Asthma Action Plan**

## **Green Zone - Mild Symptoms (Daily Management)**

- Use daily controller inhaler as prescribed.
- Avoid known asthma triggers (dust, smoke, pollen, etc.).
- Monitor peak flow readings regularly.
- Continue normal activities.

## **Yellow Zone - Moderate Symptoms (Caution)**

- Increased coughing or wheezing.
- Use rescue inhaler (e.g., Salbutamol 2 puffs every 4-6 hours).
- Reduce physical activity.
- Contact doctor if symptoms worsen or don't improve in 48 hours.

## **Red Zone - Severe Symptoms (Emergency)**

- Extreme difficulty breathing or talking.
- Rescue inhaler not helping.
- Blue lips or fingernails.
- Go to the nearest hospital immediately or call emergency services.