

**Evans**  
 4350 Towne Centre Dr  
 Suite 1500  
 Evans, GA 30809

**Wrens**  
 304 North Main Street  
 Wrens, GA 30833

**Gena Bonitatibus, MD**  
**Tony Bonitatibus, MD**  
 www.Augusta-Allergy.com  
 (706) 421-1700  
 (706) 396-0618 (fax)



# ASTHMA ACTION PLAN

Name:	DOB:	Date:
Emergency Contact:	Phone:	
Health Care Provider: Gena Bonitatibus, M.D. Anthony Bonitatibus, M.D.	Phone: 706-421-1700	
Physician signature:	Personal best peak flow:	

## Green Zone: Doing Well

- Breathing is easy
- Can work and play
- Can sleep all night
- No cough or wheeze

Control Medications:

How to use:

Rescue Medications:  
Albuterol

How to use:

2 puffs (or a nebulizer treatment) every 4-6 hours as needed for symptoms and 20 minutes before exercise

Peak flow meter  
 More than 80% of personal best or

## Yellow Zone: Getting Worse

- Some problems with breathing
- Cough, wheeze, or chest is tight
- Problems working or playing
- Wake at night

Contact Doctor if using rescue medication more than 2 times per week

Continue control medications and add:

How to use:

Rescue Medications:  
Albuterol

How to use:

2 puffs (or nebulizer) every 4-6 hours and 20 minutes before exercise

Peak flow meter  
 Between 50 to 80% of personal best or to

## Red Zone: Medical Alert

- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not helping

Emergency Phone number:

Continue control medications and add:

How to use:

Rescue Medications:  
Albuterol

How to use:

2 to 4 puffs (or nebulizer treatment) every 4-6 hours  
 \*Can repeat in 15 minutes if not improving

Peak flow meter  
 Between 0 to 50% of personal best or

0 to

Go to the hospital/doctor or call ambulance if:

1. Still in red zone after 15 min of treatment
2. Symptoms not getting better after albuterol

Call an ambulance immediately if:

1. Trouble walking or talking due to shortness of breath
2. Lips or fingernails are blue