

Asthma Action Plan

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Physician Name: [Insert Physician Name]

Contact Information: [Insert Contact Information]

1. Understanding Your Asthma

Asthma is a chronic condition that affects the airways in your lungs. It is important to recognize your triggers and how to manage them in an urban environment.

2. Asthma Triggers in Urban Areas

- Air pollution (e.g., vehicle emissions)
- Weather changes (humidity, cold air)
- Allergens (pollen, mold)
- Cigarette smoke
- Dust and other indoor pollutants

3. Daily Management

Take prescribed medications as directed:

- Long-term controller (e.g., inhaled corticosteroids)
- Quick-relief medication (e.g., bronchodilators)

4. Action Steps

Green Zone: Doing Well

Symptoms: No symptoms

Action: Continue medications as prescribed.

Yellow Zone: Caution

Symptoms: Increased cough, wheezing, or shortness of breath.

Action: Use quick-relief medication, monitor symptoms, and contact physician if not improving.

Red Zone: Medical Alert

Symptoms: Severe wheezing, difficulty speaking, or persistent cough.

Action: Use quick-relief medication and seek emergency medical help immediately.

5. Emergency Contact Information

Emergency Contact: **[Insert Emergency Contact Name]**

Phone Number: **[Insert Emergency Contact Phone]**

6. Additional Resources

For more information on managing asthma in urban environments, visit www.asthma.org.

By following this Asthma Action Plan, you can manage your asthma effectively. Remember to regularly review your plan with your healthcare provider.