Figure 5: MAP Action Plan

Your asthma is not well controlled, follow “What do I need to do” in the YELLOW section of your Asthma Action Plan below.

A. Stable
   - Normal life, regular activities
   - Were able to sleep at night and through the morning
   - Used your rescue puff 3 times or less per week
   - Had a peak flow of 85-100%
   - Could carry out your usual daily activities

B. Needs Caution
   - Cough, wheeze, short of breath, tight chest, colds, allergies
   - Waking up at night on 1 or more days
   - Used your rescue puff 4 or more times per week
   - Had a peak flow of 60-94%
   - Limited in your daily activities, or missed school or work

C. Under Alert!
   - Very short of breath, trouble speaking, blue/grey lips/fingernails
   - Continual & getting worse over last 24 hours
   - Relief lasts less than 3-4 hours
   - Had a peak flow of less than 60%
   - Unable to carry out your usual daily activities