

# Single Maintenance and Reliever Therapy (SMART) Asthma Action Plan: For Patients 6-17 Years

## Patient information:

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Today's date: \_\_\_\_\_



Emergency contact: \_\_\_\_\_ Phone number: \_\_\_\_\_

Asthma triggers: \_\_\_\_\_

## Asthma medication:

☐ Budesonide/formoterol (Symbicort® or Breyna®) \_\_\_\_/4.5 mcg

☐ Mometasone/formoterol (Dulera®) \_\_\_\_/5 mcg

Green zone: Doing well	Every day, take:
 <p><b>My breathing is good.</b></p> <ul style="list-style-type: none"> <li>• No coughing</li> <li>• No wheezing</li> <li>• Asthma does not wake me from sleep</li> </ul>	<p><input type="checkbox"/> ____ puff(s) with chamber, ____ times a day</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><b>If you get symptoms with exercise:</b></p> <p><input type="checkbox"/> Take ____ puff(s) with chamber, 15 minutes before exercise</p>
Yellow zone: Symptoms starting	Add extra puffs
 <p><b>I am having trouble breathing, or I am starting to get sick.</b></p> <ul style="list-style-type: none"> <li>• Coughing</li> <li>• Wheezing</li> <li>• Shortness of breath</li> </ul>	<p><b>Take 1 extra puff with chamber, as needed</b></p> <p>If your symptoms do not improve after 5-10 minutes, take another puff.</p> <p><input type="checkbox"/> Take up to 8 total puffs per day (ages 6-11)</p> <p><input type="checkbox"/> Take up to 12 total puffs per day (ages 12 and older)</p> <p><b>If you start getting sick:</b></p> <p><input type="checkbox"/> Take ____ puff(s) with chamber ____ times a day</p> <p><input type="checkbox"/> _____</p>

**If you need your maximum total puffs for more than 2 days in a week,  
and your symptoms are not improving,  
go to the orange zone.**



**Orange zone: In trouble**

**Call your doctor**



**I am still having trouble breathing, and my extra puffs are not working.**

- Constant coughing
- Chest tightness
- Difficulty with daily activities
- Asthma wakes me from sleep

**Doctor name:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

- ☐ Continue the yellow zone action steps while waiting for your doctor's instructions.
- ☐ If albuterol is available, you may take 2-4 puffs with chamber or 1 nebulizer treatment every 4 hours as needed.
- ☐ \_\_\_\_\_

**If your symptoms are quickly getting worse,  
and you can't reach your doctor,  
go to the red zone.**



**Red zone: In danger**

**Get help now**



**My breathing is bad.**

- Breathing hard and fast
- Ribs show when breathing
- Stomach or neck is caving in
- Hard to talk or walk

**Go to the closest emergency room (ER) or call 911.**

- Take extra puffs with chamber, as often as you need, until you get help.
- Sit upright and try to stay calm.
- See your doctor as soon as you can, even if your symptoms get better, after any visit to the ER or an urgent care clinic.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

Authors: Andrea McCaig, BSN RN AE-C, Karla Stoermer Grossman, MHSN BSN RN AE-C, Tisa Vorce, MA RRT

Reviewers: Michigan Medicine Pediatric Pulmonary Division, INHALE Education Workgroup, INHALE Patient Advisory Board

Edited by: Brittany Batell, MPH MSW CHES®

We value your feedback on our patient education materials!

Visit [UMHPatientEd.org/PtEdSurvey](https://UMHPatientEd.org/PtEdSurvey) or scan the QR code to fill out a short feedback survey.



Patient Education by [U-M Health](https://U-MHealth.org) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](https://creativecommons.org/licenses/by-nc-sa/4.0/). Last revised 09/2025