

Asthma Action Plan

Do you have asthma? Do you know how to use inhalers? Asthma medicines won't work unless you use them correctly! Also, have your doctor fill in this form, and then you can take it to your school nurse. **You can control your asthma.**

Name: _____

Physician's Name: _____

DOB: _____

Physician's Phone #: _____ Completed by: _____ Date: _____

| Controller Medicines (Use Everyday to Stay Healthy) | How Much to Take | How Often | Other Instructions (such as spacers/masks, nebulizers) |
|--|------------------|---------------------|---|
| | | _____ times per day | |
| | | _____ times per day | |
| | | _____ times per day | |
| | | _____ times per day | |

| Quick-Relief Medicine | How Much to Take | How Often | Other Instructions |
|-----------------------|------------------|-----------|---|
| | | | Call physician if this medicine is needed more than _____ times per week. |

GREEN ZONE

Child is well
and has no asthma symptoms, even during active play.



PREVENT asthma symptoms everyday:

- Give the above controller medicines everyday
- Avoid things that make the child's asthma worse:
 - Avoid tobacco smoke; ask people to smoke outside:
 - _____
 - _____

YELLOW ZONE

Child is not well
Asthma symptoms may include:

- Coughing
- Wheezing
- Runny nose or other cold symptoms
- Breathing harder or faster
- Awakening due to coughing or difficulty breathing
- Playing less than usual

Other symptoms that could indicate that your child is having trouble breathing may include: difficulty feeding (grunting sounds, poor sucking), changes in sleep patterns, cranky and tired, decreased appetite.

CAUTION. Take action by continuing to give regular everyday asthma medicines AND:

- Give _____
(include dose and frequency)
- If the child is not in the **Green Zone** and still has symptoms after one hour then:
- Give more _____
(include dose and frequency)
 - _____
(include dose and frequency)
 - Call _____

RED ZONE

Child feels awful!

Warning signs may include:

- Child's wheeze, cough or difficulty breathing continues or worsens even after giving yellow zone medicines.
- Child's breathing is so hard that he/she is having trouble walking / talking / eating / playing.
- Child is drowsy or less alert than normal.

MEDICAL ALERT! Get help!

- Take the child to the hospital or call 911 immediately!
- Give more _____ until you get help (include dose and frequency)
- Give _____ (include dose and frequency)

Call 911 if:

- The child's skin is sucked in around neck and ribs; or
- Lips and / or fingernails are grey or blue; or
- Child doesn't respond to you.

Danger! Get help immediately!