

# Asthma Action Plan

Do you have asthma? Do you know how to use inhalers? Asthma medicines won't work unless you use them correctly! The enclosed CD will show you the correct techniques. 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!**