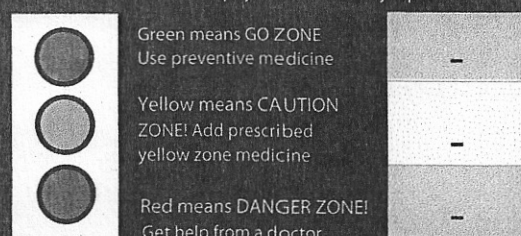


Asthma Action Plan

The colors of a traffic light will help you use your asthma medicines. Also pay attention to symptoms

| | | |
|--|-----------------|----------------|
| Name | Date of Birth | Effective Date |
| Doctor | Parent/Guardian | |
| Doctor's Office Phone Number: Day | Parent's Phone | |
| Emergency Contact After Parent | Contact Phone | |
| Student is able to self medicate <input type="checkbox"/> Yes <input type="checkbox"/> No | | |



GO (GREEN)

Use these medicines every day.

You have ALL of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work or play

Peak
flow above

Medicine

How Much to Take

When to Take It

For asthma with exercise, take:

CAUTION (YELLOW)

Continue with green zone medicine and ADD:

You have ANY of these:

- First sign of a cold
- Exposure to known trigger
- Cough
- Mild wheeze
- Tight chest
- Coughing at night

And/or
Peak
flow from

to

Medicine

How Much to Take

When to Take It

First

2 puffs or 1 vial by nebulizer

Every 4 hours as needed

Next

Call Doctor if no improvement

IF QUICK RELIEVER/YELLOW ZONE MEDICINE IS NEEDED MORE THAN 2-3 TIMES A WEEK, THEN CALL YOUR DOCTOR.

DANGER (RED)

Take these medicines and call your doctor.

Your asthma is getting worse fast:

- Medicine is not helping within 15-20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Lips and/or fingernails blue
- Trouble walking and talking

And/or
Peak
flow below

Medicine

How Much to Take

When to Take It

2 puffs or 1 vial by nebulizer

Immediately - Call Doctor

Get help from a doctor now! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It is IMPORTANT! If you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT. Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

Check all items that trigger your asthma and things that could make your asthma worse:

- ☐ Chalk dust
- ☐ Cigarette Smoke and second hand smoke
- ☐ Colds/Flu
- ☐ Dust mites, dust, stuffed animals, carpet
- ☐ Exercise
- ☐ Sudden temperature change
- ☐ Mold

- ☐ Ozone alert days
- ☐ Pests-rodents and cockroaches
- ☐ Pets-animal dander
- ☐ Plants, flowers, cut grass, pollen
- ☐ Strong odors, perfumes,
- ☐ cleaning products
- ☐ Wood Smoke

Foods

Other

Asthma Triggers



**RESPIRATORY
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www.lungchicago.org

Doctor's Signature/Stamp

Adapted from the original design by the Pediatric Asthma Coalition of New Jersey