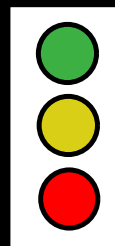


# Asthma Action Plan

5 years above

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		

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



Green means GO ZONE  
Use preventive medicine

Yellow means CAUTION  
ZONE! Add prescribed  
yellow zone medicine

Red means DANGER ZONE!  
Get help from a doctor

## 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
<b>First</b>	<b>2 puffs or 1 vial by nebulizer</b>	<b>Every 4 hours as needed</b>
<b>Next</b>	<b>Call Doctor if no improvement</b>	

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
	<b>2 puffs or 1 vial by nebulizer</b>	<b>Immediately - Call Doctor</b>

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  
HEALTH  
ASSOCIATION**  
*of Metropolitan Chicago*

Doctor's Signature/Stamp

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