

Asthma Action Plan: Caring for a Child with Asthma

Date: _____

Form Completed by: _____

Always use a spacer/chamber with spray inhalers.
Don't forget to get a flu shot every year.

Doctor/Clinic/Office Name: _____

Doctor/Clinic/Office Phone #: _____

Bring this with you to ALL doctor and Emergency Room visits.

1. WELL PLAN

- Breathing is good
- No coughing or wheezing
- Can run and play



Peak flow number
_____ to _____

Take this medicine everyday (Controller Medicine)

Medicine	How much to take	How often to take

30 minutes before sports, use this medicine:

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2. SICK PLAN

- Coughing
- Wheezing
- Chest feels tight
- Waking up at night



Peak flow number
_____ to _____

Take these medicines to keep an "Asthma Attack" from getting bad (Reliever Medicine)

Medicine	How much to take	How often to take

3. EMERGENCY PLAN

- Medicine is not helping
- Breathing is fast and hard
- Ribs show
- Can't walk
- Can't talk well
- Nose opens wide



Peak flow number
_____ to _____

Get help from your doctor now!

Take these medicines until you talk with the doctor.

Medicine	How much to take	How often to take

Call 911 or go to the Emergency Department immediately if:

- ✓ Nails or lips are turning blue
- ✓ Having trouble talking or walking
- ✓ Cannot stop coughing
- ✓ Struggling to breathe
- ✓ Not getting better with medications

Asthma Action Plan for:
NAME:

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Common Asthma Triggers

What are asthma triggers? Triggers are things that can cause an asthma attack. Each person has different triggers.

Allergic Triggers	Non-Allergic Triggers
<ul style="list-style-type: none">• Pollens• Dust mites• Cockroaches• Molds• Warm furry or feathered pets	<ul style="list-style-type: none">• Weather changes• Strong emotions (like laughing or crying)• Chemicals• Smoke• Pollution• Exercise

Tips to Help Control Asthma Triggers	
TRIGGER	What can I do to control the trigger?
DUST MITES (also called “Dust” or “House Dust”)	<ol style="list-style-type: none">1. Cover mattresses and pillows with dust mite-proof covers2. Wash bed linen each week in hot water3. Install hard flooring (like wood or linoleum) instead of carpet4. Damp dust and vacuum or damp mop room at least once a week5. Remove stuffed animals from beds6. Keep humidity low. Open windows and avoid using a vaporizer or humidifier in the bedroom
COCKROACHES	<ol style="list-style-type: none">1. Keep food stored in tightly closed containers2. Put pet food dishes away after your pets are done eating3. Use garbage containers with lids4. Clean up food scraps and crumbs. After meals, wash dishes and sweep floor, including under the stove, refrigerator, and toaster.5. Block off areas where roaches can get in the house6. Fix all water leaks7. Do not store cardboard boxes, newspapers, or paper bags in the house8. Set roach traps and call a professional exterminator, if needed9. Only eat in the kitchen and dining rooms. Do not eat in the bedroom.

MOLD	<ol style="list-style-type: none"> 1. Check for water leaks and leaky pipes 2. Dry up any damp or wet areas 3. Use a 5% bleach solution or mildew spray to clean any mold you can see on hard surfaces 4. For moldy clothes, rugs, or other soft items, wash with soap and hot water. 5. Keep humidity low. Open windows and avoid using a vaporizer or humidifier in the bedroom 6. Avoid carpet on concrete or damp floors 7. Avoid storing things in damp areas 8. Keep house plants and fishbowls out of child's room
POLLEN	<ol style="list-style-type: none"> 1. Keep windows closed during pollen season, especially during the day 2. Take a shower or bath, wash hair, and change clothes after working or playing outside 3. Wash or brush your pet's hair after they have been outside 4. Run air conditioner when possible 5. Use a room air filter machine 6. Change air filters often 7. Avoid lawn mowing and gardening
PETS	<ol style="list-style-type: none"> 1. Find a new home for your pet 2. If finding another home for your pet is not an option, try to keep pet outside, or at least keep them out of your child's bedroom and family room. 3. Wash your hands after touching your pet 4. Install hard flooring (like wood or linoleum) instead of carpet 5. Vacuum or damp mop regularly 6. Bathe your pet weekly (make sure the allergic person does not wash the pet)

