



Track Your Child's Asthma

To manage your child's asthma effectively, try thinking about it in 2 steps. First, work with your child's health care professional on an Asthma Action Plan. Second, make tracking your child's asthma part of your routine. That means monitoring symptoms and recording peak flow readings daily. And keep track of how often your child uses quick-relief medicines, too.

Why it helps

By actively managing your child's asthma, you can help prevent symptoms. This includes knowing your child's triggers and avoiding them, taking your child for regular checkups, and following the medicine plan as directed by your child's health care professional.

When to monitor

Your child's health care professional can help you decide how often you should monitor your child's asthma. By keeping a daily record of peak flow readings, medicine(s), and symptoms, you and your child's health care professional can keep your child's Asthma Action Plan up-to-date more easily.

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

My Child's Asthma Action Plan

GREEN ZONE: Doing well

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

If a peak flow meter is used:

Peak flow: more than _____
(80% or more of my child's best peak flow)

My child's best peak flow is _____

Your child needs to take these long-term control medicines every day.

Medicine

How much to take

When to take it

Before exercise, your child should take

(Medicine)

(Dose)

(Minutes/hours before exercise)

YELLOW ZONE: Asthma is getting worse

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

OR

Peak flow: _____ to _____
(50%–79% of my child's best peak flow)

First

Add quick-relief medicine and have your child keep taking the GREEN ZONE medicine.

_____ ☐ 2 or ☐ 4 puffs every 20 minutes for up to 1 hour
(short-acting β_2 -agonist) ☐ Nebulizer, once

Second

If symptoms (and peak flow, if used) return to the GREEN ZONE after 1 hour of above treatment:

Continue monitoring to be sure your child stays in the GREEN ZONE.

OR

If symptoms (and peak flow, if used) do not return to the GREEN ZONE after 1 hour of above treatment:

- ☐ Give _____ ☐ 2 or ☐ 4 puffs or ☐ Nebulizer
(short-acting β_2 -agonist)
- ☐ Add _____ mg per day for _____ (3–10) days
(oral steroid)
- ☐ Call the doctor ☐ before ☐ within _____ hours after your child takes the oral steroid

RED ZONE: Medical alert

- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are the same or worse after 24 hours in YELLOW ZONE

OR

Peak flow: less than _____
(50% of my child's best peak flow)

Give your child this medicine:

- ☐ _____ ☐ 2 or ☐ 4 puffs or ☐ Nebulizer
(short-acting β_2 -agonist)
- ☐ _____ mg
(oral steroid)

Call your child's doctor NOW. Go to the hospital or call for an ambulance if:
Your child is still in the RED ZONE after 15 minutes AND
You have not reached your child's doctor

DANGER SIGNS

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue

- Give ☐ 4 or ☐ 6 puffs of your child's quick-relief medicine AND
- Take your child to the hospital or call for an ambulance (_____) **NOW**

