

# Asthma Action Plan

Name	Date of Birth	Grade/Teacher
Health Care Provider	Health Care Provider's Office Phone	Medical Record Number
Parent/Guardian	Phone	Alternate Phone
Parent/Guardian/Alternate Emergency Contact	Phone	Alternate Phone

## ASTHMA TRIGGERS (Things That Make Asthma Worse)

Smoke     Colds     Exercise     Animals     Dust     Food  
 Weather     Odors     Pollen     Other \_\_\_\_\_

## GREEN ZONE: GO! Take These DAILY CONTROLLER MEDICINES (PREVENTION) Medicines EVERY DAY

- You have ALL of these:**
- Breathing is easy
  - No cough or wheeze
  - Can work and play
  - Can sleep all night

No daily controller medicines required  
 Daily controller medicine(s): \_\_\_\_\_  
 \_\_\_\_\_  
**Take \_\_\_\_\_ puff(s) or \_\_\_\_\_ tablet(s) \_\_\_\_\_ daily.**  
 For asthma with exercise, ADD: \_\_\_\_\_  
 \_\_\_\_\_ puffs with spacer \_\_\_\_\_ minutes before exercise  
**ALWAYS TAKE YOUR DAILY ALD**

## YELLOW ZONE: CAUTION! Continue DAILY CONTROLLER MEDICINES and ADD QUICK-RELIEF Medicines

- You have ANY of these:**
- Cough or mild wheeze
  - Tight chest
  - Shortness of breath
  - Problems sleeping, working, or playing

\_\_\_\_\_ inhaler \_\_\_\_\_ mcg  
**Take \_\_\_\_\_ puffs every \_\_\_\_\_ hours if needed. Always use a spacer so each child really gets a dose.**  
 \_\_\_\_\_ nebulizer \_\_\_\_\_ mg / \_\_\_\_\_ ml  
**Take a \_\_\_\_\_ nebulizer treatment every \_\_\_\_\_ hours if needed.**  
 Other \_\_\_\_\_

## RED ZONE: EMERGENCY! Continue DAILY CONTROLLER MEDICINES and QUICK-RELIEF Medicines and GET HELP!

- You have ANY of these:**
- Very short of breath
  - Medicine is not helping
  - Breathing is fast and hard
  - Nose wide open, ribs showing, can't talk well
  - Lips or fingernails are grey or bluish

\_\_\_\_\_ inhaler \_\_\_\_\_ mcg  
**Take \_\_\_\_\_ puffs every \_\_\_\_\_ hours if needed. Always use a spacer so each child really gets a dose.**  
 \_\_\_\_\_ nebulizer \_\_\_\_\_ mg / \_\_\_\_\_ ml  
**Take a \_\_\_\_\_ nebulizer treatment every \_\_\_\_\_ hours if needed.**  
 Other \_\_\_\_\_