

Fleming County Schools



Dear Parent/Guardian,

Our school makes a special effort to ensure that all of our students have the best opportunity to be healthy in school because we believe that healthy students have the best chance at academic success. One of the most common causes of health problems in children is asthma. Because the disease is so common, we need to identify all students who have asthma in our school so that we can know how to respond if they have asthma symptoms while at school.

On the enrollment sheet you marked that your child _____ has asthma. Please keep in mind that students with asthma must have a medication authorization form completed by the student's healthcare provider to if they carry a rescue inhaler medication at school.

An Asthma Care Plan, also needs to be filled out by a healthcare provider, that tells the school what to do if you child is having asthma symptoms. Please get these forms completed within 2 weeks so that appropriate interventions can be made to assist your student in the event of an asthma attack.

Thank you for partnering with us to make our school a healthy place for students.

Sincerely,

Jennie Applegate RN

Jennie Applegate, RN

FCHS School Nurse

Fleming County District Health Coordinator

Asthma Action Plan

For: _____ Doctor: _____ Date: _____
 Doctor's Phone Number _____ Hospital/Emergency Department Phone Number _____

GREEN ZONE

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

And, if a peak flow meter is used,

Peak flow: more than _____
 (80 percent or more of my best peak flow)

My best peak flow is: _____

Before exercise

☐ _____ ☐ 2 or ☐ 4 puffs _____ 5 minutes before exercise

Take these long-term control medicines each day (include an anti-inflammatory).

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____

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 to 79 percent of my best peak flow)



Add: quick-relief medicine—and keep taking your GREEN ZONE medicine.

_____ (short-acting beta₂-agonist) ☐ 2 or ☐ 4 puffs, every 20 minutes for up to 1 hour
☐ Nebulizer, once

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



-Or-

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

☐ Take: _____ (short-acting beta₂-agonist) ☐ 2 or ☐ 4 puffs or ☐ Nebulizer

☐ Add: _____ (oral steroid) _____ mg per day For _____ (3–10) days

☐ Call the doctor ☐ before/ ☐ within _____ hours after taking 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 same or get worse after 24 hours in Yellow Zone

-Or-

Peak flow: less than _____
 (50 percent of my best peak flow)

Take this medicine:

☐ _____ (short-acting beta₂-agonist) ☐ 4 or ☐ 6 puffs or ☐ Nebulizer

☐ _____ (oral steroid) _____ mg

Then call your doctor NOW. Go to the hospital or call an ambulance if:

- You are still in the red zone after 15 minutes AND
- You have not reached your doctor.

DANGER SIGNS

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

Take ☐ 4 or ☐ 6 puffs of your quick-relief medicine AND

Go to the hospital or call for an ambulance _____ NOW!
 (phone)

See the reverse side for things you can do to avoid your asthma triggers.

How To Control Things That Make Your Asthma Worse

This guide suggests things you can do to avoid your asthma triggers. Put a check next to the triggers that you know make your asthma worse and ask your doctor to help you find out if you have other triggers as well. Then decide with your doctor what steps you will take.

Allergens

☐ **Animal Dander**

Some people are allergic to the flakes of skin or dried saliva from animals with fur or feathers.

The best thing to do:

- Keep furred or feathered pets out of your home.
- If you can't keep the pet outdoors, then:

- Keep the pet out of your bedroom and other sleeping areas at all times, and keep the door closed.
- Remove carpets and furniture covered with cloth from your home. If that is not possible, keep the pet away from fabric-covered furniture and carpets.

☐ **Dust Mites**

Many people with asthma are allergic to dust mites. Dust mites are tiny bugs that are found in every home—in mattresses, pillows, carpets, upholstered furniture, bedcovers, clothes, stuffed toys, and fabric or other fabric-covered items.

Things that can help:

- Encase your mattress in a special dust-proof cover.
- Encase your pillow in a special dust-proof cover or wash the pillow each week in hot water. Water must be hotter than 130° F to kill the mites.
- Cold or warm water used with detergent and bleach can also be effective.
- Wash the sheets and blankets on your bed each week in hot water.
- Reduce indoor humidity to below 60 percent (ideally between 30—50 percent). Dehumidifiers or central air conditioners can do this.
- Try not to sleep or lie on cloth-covered cushions.
- Remove carpets from your bedroom and those laid on concrete, if you can.
- Keep stuffed toys out of the bed or wash the toys weekly in hot water or cooler water with detergent and bleach.

☐ **Cockroaches**

Many people with asthma are allergic to the dried droppings and remains of cockroaches.

The best thing to do:

- Keep food and garbage in closed containers. Never leave food out.
- Use poison baits, powders, gels, or paste (for example, boric acid). You can also use traps.
- If a spray is used to kill roaches, stay out of the room until the odor goes away.

☐ **Indoor Mold**

- Fix leaky faucets, pipes, or other sources of water that have mold around them.
- Clean moldy surfaces with a cleaner that has bleach in it.

☐ **Pollen and Outdoor Mold**

What to do during your allergy season (when pollen or mold spore counts are high):

- Try to keep your windows closed.
- Stay indoors with windows closed from late morning to afternoon, if you can. Pollen and some mold spore counts are highest at that time.
- Ask your doctor whether you need to take or increase anti-inflammatory medicine before your allergy season starts.

Irritants

☐ **Tobacco Smoke**

- If you smoke, ask your doctor for ways to help you quit. Ask family members to quit smoking, too.
- Do not allow smoking in your home or car.

☐ **Smoke, Strong Odors, and Sprays**

- If possible, do not use a wood-burning stove, kerosene heater, or fireplace.
- Try to stay away from strong odors and sprays, such as perfume, talcum powder, hair spray, and paints.

Other things that bring on asthma symptoms in some people include:

☐ **Vacuum Cleaning**

- Try to get someone else to vacuum for you once or twice a week, if you can. Stay out of rooms while they are being vacuumed and for a short while afterward.
- If you vacuum, use a dust mask (from a hardware store), a double-layered or microfilter vacuum cleaner bag, or a vacuum cleaner with a HEPA filter.

☐ **Other Things That Can Make Asthma Worse**

- Sulfites in foods and beverages: Do not drink beer or wine or eat dried fruit, processed potatoes, or shrimp if they cause asthma symptoms.
- Cold air: Cover your nose and mouth with a scarf on cold or windy days.
- Other medicines: Tell your doctor about all the medicines you take. Include cold medicines, aspirin, vitamins and other supplements, and nonselective beta-blockers (including those in eye drops).



U.S. Department of Health and Human Services
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For More Information, go to: www.nhlbi.nih.gov

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