

Napoleon Area Schools Napoleon Ohio

Asthma Action Plan

Personal best peak flow:

IMPORTANT INFO	EXERCISE-INDUCED FLARE-UP
Name: <input type="text"/>	Instructions for an exercise-induced asthma flare-up Medicine: _____ How much: _____ When: _____ Additional instructions: <div style="border: 1px dashed black; height: 40px; width: 100%;"></div>
Date: <input type="text"/>	
Doctor name: <input type="text"/>	
Doctor phone: <input type="text"/>	
Emergency contact: <input type="text"/>	
Emergency phone: <input type="text"/>	
TRIGGERS: <input type="checkbox"/> pollen <input type="checkbox"/> mold <input type="checkbox"/> dust mites <input type="checkbox"/> animals <input type="checkbox"/> smoke <input type="checkbox"/> food <input type="checkbox"/> exercise <input type="checkbox"/> cold/flu <input type="checkbox"/> weather <input type="checkbox"/> air pollution <input type="checkbox"/> other _____	

The GREEN Zone (also known as the safety zone)

Symptoms <ul style="list-style-type: none"> Breathing is easy No cough or wheeze Can do usual activities Can sleep through the night 	Use these long-term control medicines as listed: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;">Medicine</th> <th style="width: 20%;">How much</th> <th style="width: 40%;">How often / when</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>	Medicine	How much	How often / when									
Medicine	How much	How often / when											

Peak flow from to

The YELLOW Zone (also known as the caution zone)

Symptoms <ul style="list-style-type: none"> Some shortness of breath Cough, wheeze, or chest tightness Some difficulty doing usual activities Sleep disturbed by symptoms Symptoms of a cold or flu 	Continue with long-term control medicines as above, and add these quick-relief medicines: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;">Medicine</th> <th style="width: 20%;">How much</th> <th style="width: 40%;">How often / when</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>	Medicine	How much	How often / when						
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Peak flow from to

Call your doctor if:

The RED Zone (also known as the danger zone)

Symptoms <ul style="list-style-type: none"> Severe breathing problems Cannot do usual activities Difficulty walking and talking Rescue medicine is not helping 	Take this medicine and call the doctor now! <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;">Medicine</th> <th style="width: 20%;">How much</th> <th style="width: 40%;">How often / when</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>	Medicine	How much	How often / when						
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Peak flow from to

If symptoms don't improve and you can't contact the doctor, go to the hospital or call 911.

Healthcare Provider _____ Date: _____
 Parent Signature _____ Date: _____