

Asthma Action Plan

DATE: ____ / ____ / ____ PATIENT NAME _____
 WEIGHT: _____ PARENT/GUARDIAN NAME _____ PHONE _____
 HEIGHT: _____ PRIMARY CARE PROVIDER/CLINIC NAME _____ PHONE _____
 DOB: ____ / ____ / ____ WHAT TRIGGERS MY ASTHMA _____

Baseline Severity

Best Peak Flow

Always use a **holding chamber/spacer with/without** a mask with your inhaler. (circle choices)

GREEN ZONE DOING WELL GO!

- You have ALL of these:**
- Breathing is good
 - No cough or wheeze
 - Can work/play easily
 - Sleeping all night
- Peak Flow** is between:
 and
80-100% of personal best

Step 1: Take these controller medicines every day:

MEDICINE	HOW MUCH	WHEN
_____	_____	_____
_____	_____	_____
_____	_____	_____

Step 2: If exercise triggers your asthma, take the following medicine **15 minutes before** exercise or sports.

MEDICINE	HOW MUCH
_____	_____

YELLOW ZONE GETTING WORSE CAUTION

- You have ANY of these:**
- It's hard to breathe
 - Coughing
 - Wheezing
 - Tightness in chest
 - Cannot work/play easily
 - Wake at night coughing
- Peak Flow** is between:
 and
50-79% of personal best

Step 1: Keep taking **GREEN ZONE** medicines and **ADD** quick-relief medicine:
 _____ puffs or 1 nebulizer treatment of _____
Repeat after 20 minutes if needed (for a maximum of 2 treatments).

Step 2: Within 1 hour, if your symptoms aren't better or you don't return to the **GREEN ZONE**, take your **oral steroid** medicine _____ **and** call your health care provider today.

Step 3: If you are in the **YELLOW ZONE more than 6 hours**, or your symptoms are **getting worse**, follow **RED ZONE** instructions.

RED ZONE EMERGENCY GET HELP NOW!

- You have ANY of these:**
- It's very hard to breathe
 - Nostrils open wide
 - Ribs are showing
 - Medicine is not helping
 - Trouble walking or talking
 - Lips or fingernails are grey or bluish
- Peak Flow** is between:
 and
Below 50% of personal best

Step 1: Take your quick-relief medicine **NOW**:

MEDICINE	HOW MUCH
_____	_____

or 1 nebulizer treatment of _____

AND

Step 2: Call your health care provider **NOW**
AND
 Go to the emergency room **OR CALL 911** immediately.

_____ This Asthma Action Plan provides authorization for the administration of medicine described in the AAP.
 _____ This child has the knowledge and skills to self-administer quick-relief medicine at school or daycare with approval of the school nurse.

DATE: ____ / ____ / ____ MD/NP/PA SIGNATURE _____

This consent may supplement the school or daycare's consent to give medicine and allows my child's medicine to be given at school/daycare. My child (circle one) **may / may not** carry, self-administer and use quick-relief medicine at school with approval from the school nurse (if applicable).

DATE: ____ / ____ / ____ PARENT/ GUARDIAN SIGNATURE _____

FOLLOW-UP APPOINTMENT IN _____ AT _____ PHONE _____