

# Warren Township High School

Students diagnosed with asthma should have an [Asthma Action Plan](#) on file with their school. Please consult with your student's primary physician to fill out the plan below for:

Student Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade \_\_\_\_\_

Primary Physician's name and contact information: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physician signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please submit this form to:

## Almond Campus

Nurse's Office

Phone: 847-548-6899

Fax: 847-548-7171

rnitto@wths.net

or

## O'Plaine Campus

Nurse's Office

Phone: 847-599-4766

Fax: 847-599-4679

vhill@wths.net

### GREEN ZONE: Doing Well

✓ No coughing, wheezing, chest tightness, or difficulty breathing

✓ Can work, play, exercise, perform usual activities without symptoms



Take these medicines every day for control and maintenance:

| Medicine | How much to take | When and how often |
|----------|------------------|--------------------|
|          |                  |                    |
|          |                  |                    |
|          |                  |                    |

### YELLOW ZONE:

Caution/Getting Worse

✓ Coughing, wheezing, chest tightness, or difficulty breathing

✓ Symptoms with daily activities, work, play, and exercise

✓ Nighttime awakenings with symptoms



CONTINUE your Green Zone medicines PLUS take these quick-relief medicines:

| Medicine | How much to take | When and how often |
|----------|------------------|--------------------|
|          |                  |                    |
|          |                  |                    |
|          |                  |                    |

Call your doctor if you have been in the Yellow Zone for more than 24 hours.

### RED ZONE: Alert!

✓ Difficulty breathing, coughing, wheezing not helped with medications

✓ Trouble walking or talking due to asthma symptoms

✓ Not responding to quick relief medication



### FOR EXTREME TROUBLE BREATHING/SHORTNESS OF BREATH GET IMMEDIATE HELP!

Take these quick-relief medicines:

| Medicine | How much to take | When and how often |
|----------|------------------|--------------------|
|          |                  |                    |
|          |                  |                    |
|          |                  |                    |

CALL your doctor NOW.

GO to the hospital/emergency department or CALL for an ambulance NOW!