

**SPECIAL EDUCATION DISTRICT OF LAKE COUNTY**

18160 W Gages Lake Road, Gages Lake, Illinois 60030-1819

847-548-8470 Fax 847-548-8472 VP 224-207-8476

www.sedol.us



**ASTHMA ACTION PLAN**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Severity Classification:  Intermittent  Mild Persistent  Moderate Persistent  Severe Persistent

Asthma Triggers (list): \_\_\_\_\_

Peak Flow Meter Personal Best: \_\_\_\_\_

**Green Zone: Doing Well**

**Symptoms:** Breathing is good – No cough or wheeze – Can work and play – Sleeps well at night

**Peak Flow Meter** \_\_\_\_\_ (more than 80% of personal best)

Control Medicine(s)	Medicine	How much to take	When and how often to take it	Take at
	_____	_____	_____	<input type="checkbox"/> Home <input type="checkbox"/> School
	_____	_____	_____	<input type="checkbox"/> Home <input type="checkbox"/> School

**Physical Activity**  Use Albuterol/Levalbuterol \_\_\_\_\_ puffs, 15 minutes before activity  with all activity  when you feel you need it

**Yellow Zone: Caution**

**Symptoms:** Some problems breathing – Cough, wheeze or tight chest – Problems working or playing – Wake at night

**Peak Flow Meter** \_\_\_\_\_ to \_\_\_\_\_ (between 50% and 79% of personal best)

**Quick-relief Medicine(s)**  Albuterol/Levalbuterol \_\_\_\_\_ puffs, every 4 hours as needed

**Control Medicine(s)**  Continue Green Zone medicines

Add \_\_\_\_\_  Change to \_\_\_\_\_

You should feel better within 20-60 minutes of the quick-relief treatment. If you are getting worse or are in the Yellow Zone for more than 24 hours, THEN follow the instructions in the RED ZONE and call the doctor right away!

**Red Zone: Get Help Now!**

**Symptoms:** Lots of problems breathing – Cannot work or play – Getting worse instead of better – Medicine is not helping

**Peak Flow Meter** \_\_\_\_\_ (less than 50% of personal best)

**Take Quick-relief medicine NOW!**  Albuterol/Levalbuterol \_\_\_\_\_ puffs, \_\_\_\_\_ (how frequently)

**Call 911 immediately if the following danger signs are present:**

- Trouble walking/talking due to shortness of breath
- Lips or fingernails are blue
- Still in the red zone after 15 minutes

**School Staff:** Follow the Yellow and Red Zone instructions for the quick-relief medicines according to asthma symptoms. The only control medicines to be administered in the school are those listed in the Green Zone with a check mark next to 'Take at School'.

Both the Healthcare Provider and the Parent/Guardian feel that the child has demonstrated the skills to carry and self-administer their quick-relief inhaler, including when to tell an adult if symptoms do not improve after taking the medicine.

**Healthcare Provider**

Name \_\_\_\_\_ Date \_\_\_\_\_ Phone \_\_\_\_\_ Signature \_\_\_\_\_

**Parent/Guardian**

I give permission for the medicines listed in the action plan to be administered in school by the nurse or other school staff as appropriate.

I consent to communication between prescribing health care provider or clinic, the school nurse, the school medical advisor and school-based health clinic providers necessary for asthma management and administration of this medicine.

Name \_\_\_\_\_ Date \_\_\_\_\_ Phone \_\_\_\_\_ Signature \_\_\_\_\_

**School Nurse**

The student has demonstrated the skills to carry and self-administer their quick-relief inhaler, including when to tell an adult if symptoms do not improve after taking the medicine.

Name \_\_\_\_\_ Date \_\_\_\_\_ Phone \_\_\_\_\_ Signature \_\_\_\_\_