

Asthma Action Plan

Date Completed _____

Name	Date of Birth	Grade
Health Care Provider	Health Care Provider's Office Phone	Teacher
Parent/Guardian	Phone	Alternate Phone
Parent/Guardian/Alternate Emergency Contact	Phone	Alternate Phone

DIAGNOSIS OF ASTHMA SEVERITY

Intermittent Persistent [Mild Moderate Severe]

ASTHMA TRIGGERS (Things That Make Asthma Worse)

Smoke Colds Exercise Animals Dust Food
 Weather Odors Pollen Other _____

GREEN ZONE: GO!

You have **ALL** of these:

- Breathing is easy
- No cough or wheeze
- Can work and play
- Can sleep all night



Take These **DAILY CONTROLLER MEDICINES (PREVENTION)** Medicines **EVERY DAY**

- No daily controller medicines required
- Daily controller medicine(s): _____
- _____
- Take _____ puff(s) or _____ tablet(s) _____ daily.**
- For asthma with exercise, ADD: _____,
 _____ puffs with spacer _____ minutes before exercise

ALWAYS RINSE YOUR MOUTH AFTER USING YOUR DAILY INHALED MEDICINE.

YELLOW ZONE: CAUTION!

You have **ANY** of these:

- Cough or mild wheeze
- Tight chest
- Shortness of breath
- Problems sleeping, working, or playing



Continue **DAILY CONTROLLER MEDICINES** and **ADD QUICK-RELIEF** Medicines

- Take daily controller medicine if ordered and add this quick-relief medicine when you have breathing problems:
- _____ inhaler _____ mcg
Take _____ puffs every _____ hours, if needed. Always use a spacer, some children may need a mask.
- _____ nebulizer _____ mg / _____ ml
Take a _____ nebulizer treatment every _____ hours, if needed.
- Other _____

If quick-relief medicine does not HELP within _____ minutes, take it again and CALL your Provider.

If using quick-relief medicine more than _____ times in _____ hours, CALL your Provider.

IF IN THE YELLOW ZONE MORE THAN 24HOURS, CALL HEALTH CARE PROVIDER.

RED ZONE: EMERGENCY!

You have **ANY** of these:

- Very short of breath
- Medicine is not helping
- Breathing is fast and hard
- Nose wide open, ribs showing, can't talk well
- Lips or fingernails are grey or bluish



Continue **DAILY CONTROLLER MEDICINES** and **QUICK-RELIEF** Medicines and **GET HELP!**

- _____ inhaler _____ mcg
Take _____ puffs every _____ hours, if needed. Always use a spacer, some children may need a mask.
- _____ nebulizer _____ mg / _____ ml
Take a _____ nebulizer treatment every _____ hours, if needed.
- Other _____

CALL HEALTH CARE PROVIDER AGAIN WHILE GIVING QUICK-RELIEF MEDICINE. If health care provider cannot be contacted, CALL 911 FOR AN AMBULANCE OR GO DIRECTLY TO THE EMERGENCY DEPARTMENT!

REQUIRED PERMISSIONS FOR ALL MEDICATION USE AT SCHOOL

Health Care Provider Permission: I request this plan to be followed as written. This plan is valid for the school year 20_____ – 20_____

Signature _____ Date _____

Parent/Guardian Permission: I give consent for the school nurse to give the medications listed on this plan or for trained school staff to assist my child to take them after review by the school nurse. This plan will be shared with school staff who care for my child.

Signature _____ Date _____

OPTIONAL PERMISSIONS FOR INDEPENDENT MEDICATION CARRY AND USE AT SCHOOL

Health Care Provider Independent Carry and Use Permission: I attest that this student has demonstrated to me that they can self-administer this rescue medication effectively and may carry and use this medication independently at school with no supervision by school personnel.

Signature _____ Date _____

Parent/Guardian Independent Carry and Use Permission (If Ordered by Provider Above): I agree my child can self-administer this rescue medication effectively and may carry and use this medication independently at school with no supervision by school personnel.

Signature _____ Date _____