

Community School District #128

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:

Libertyville High School

Nurse's Office

Phone: 847-327-7016

Fax: 847-327-7933

l.nurses@d128.org

or

Vernon Hills High School

Nurse's Office

Phone: 847-932-2040

Fax: 847-932-2188

v.nurses@d128.org

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!