

PLEASE PROVIDE THIS FORM, OR ONE LIKE IT, TO THE SCHOOL NURSE'S OFFICE AS SOON AS POSSIBLE.
MEDICATIONS WILL NOT BE SENT ON FIELD TRIPS WITHOUT THIS DOCUMENTATION.



My Asthma Action Plan



Scan the QR Code
to access How-To Videos

Name: _____ DOB: ____ / ____ / ____

Severity Classification: ☐ Intermittent ☐ Mild Persistent ☐ Moderate Persistent ☐ Severe Persistent

Asthma Triggers (list): _____

Date Completed: ____ / ____ / ____ Vaccinations updated: ☐ Yes ☐ No



Green Zone: Doing Well

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

Control Medicine(s)	Medicine	How much to take	When and how often to take it
Quick Relief Medicine(s)	_____	_____	_____
SMART/MART	☐ ICS/Formoterol _____ puff(s) with spacer _____ (daily max dose 12 puffs for ages 12+ yrs & 8 puffs for ages 4-11 yrs)		
Exercise Induced	☐ Use quick-relief medicine 10 minutes before physical activity as instructed		



Yellow Zone: Caution

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

	Medicine	How much to take	When and how often to take it
Quick-relief Medicine(s)	☐ _____	_____	_____
Control Medicine(s)	☐ Continue Green Zone medicines		
SMART as quick reliever	☐ ICS/Formoterol _____ puff(s) with spacer _____ (daily max dose 12 puffs for ages 12+ yrs & 8 puffs for ages 4-11 yrs)		
Other	☐ _____	_____	_____

You should feel better within 20–60 minutes of the quick-relief treatment. If you are getting worse THEN follow the instructions in the RED ZONE and call your doctor or 911 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 – I feel very sick

Take Quick-relief Medicine NOW!

	Medicine	How much to take	When and how often to take it
SMART as quick reliever	☐ _____	_____ (puffs)	_____
Other	☐ _____	_____	_____

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

Emergency Contact Name _____ Phone (____) _____ - _____

Emergency Contact Name _____ Phone (____) _____ - _____

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Physician Signature _____ Date _____

Parent]Guardian Signature _____ Date _____

(See Other Side)

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“For inhaled asthma medicines to work properly, they need to reach your lungs. By simply attaching a valved holding chamber or spacer to your metered-dose inhaler, you can:

- **Help the medicine move past your mouth and throat and get deep into your lungs**
- **Avoid problems with spraying and breathing at the same time**
- **Avoid breathing the medicine in too fast**
- **Make it easier to take your medicine when you are having asthma symptoms”**

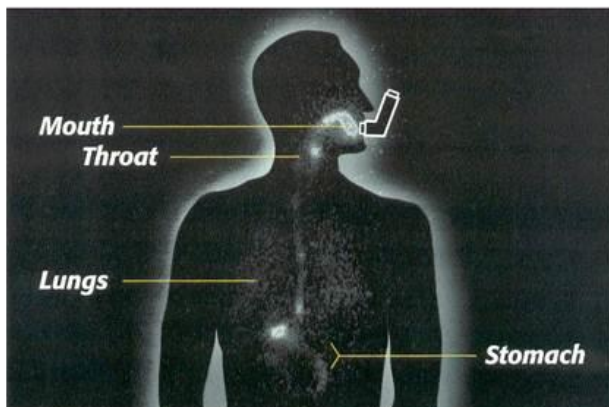
<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/treatment/devices/chambers-spacers>

Inhalers are important to use for both children and adults.

Please send a spacer for your child to use with their inhaler while in school.

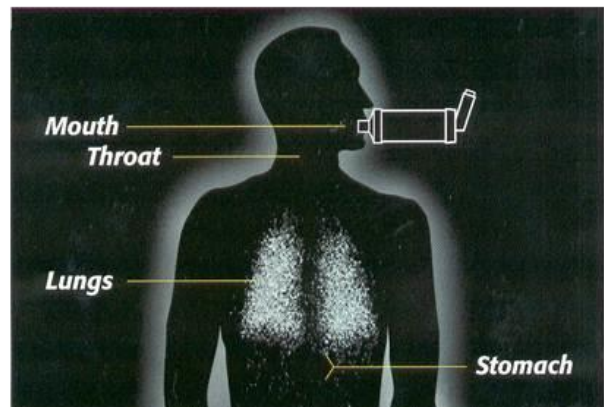
If you do not have an extra, one will be loaned from the school nurse's stock for use when in school.

Why use a Spacer with an Inhaler?



Inhaler alone

When an inhaler is used alone, medicine ends up in the mouth, throat, stomach and lungs.



Inhaler used with spacer device

When an inhaler is used with a spacer device, more medicine is delivered to the lungs.

“Comparative respiratory deposition of ^{99m}Tc labeled particles of albuterol using a metered dose inhaler, a metered dose inhaler with Aerochamber® spacer and OptiChamber® spacer in healthy human volunteers using gamma-scintigraphy,” R. Beihn, PhD, Scintiprox, Inc., Indianapolis, IN and D. Doherty, MD, Dept. of Pulmonology, University of Kentucky Medical Center, Lexington, KY, 1997.

Images kindly provided by Respironics HealthScan Inc.

Allies Against Asthma, Center for Pediatric Research, 855 W. Brambleton Ave., Norfolk, VA 23510, 757-668-6435

(See Other Side)