

# This is a tool we use for asthma that will be given to your child who has asthma

## ASTHMA ACTION PLAN

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_ Provider: \_\_\_\_\_

<p><b>Green zone</b></p> <p><b>"You're doing well!"</b></p> <ul style="list-style-type: none"><li>- breathing is good</li><li>- no cough or wheeze</li><li>- sleep well at night</li><li>- can go to school and play</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Singulair ____ mg once each day</li><li><input type="checkbox"/> Flovent ____ mcg ____ puffs ____ times a day</li><li><input type="checkbox"/> Pulmicort ____ mg nebulized ____ times a day</li><li><input type="checkbox"/> Advair ____/50 one puff ____ times/day</li><li><input type="checkbox"/> No routine medicine is needed</li></ul> <p><b>If asthma occurs with exercise</b> give Albuterol 2 puffs with spacer for younger kids or 2 puffs w/o spacer for older children/adolescent 10-15 minutes <i>prior to exercise</i></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Yellow zone</b></p> <p><b>"Caution"</b></p> <ul style="list-style-type: none"><li>- first signs of a cold</li><li>- cough</li><li>- mild wheeze</li><li>- tight cough</li><li>- coughing, wheezing, or trouble breathing at night</li></ul>	<p style="text-align: center;"><b>(Continue Green Zone medications)</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Albuterol 2 puffs with spacer for younger kids or w/o spacer for older children/adolescent every 4 hours as needed for wheezing, chest tightness or persistent cough</li><li><input type="checkbox"/> Albuterol Nebulizer Solution nebulize 1 vial every 4 hours as needed for wheezing, chest tightness or persistent cough</li><li><input type="checkbox"/> Increase Flovent ____ mcg ____ puff(s) twice a day thru cold</li><li><input type="checkbox"/> Increase Pulmicort ____ mg nebulized twice a day thru cold</li></ul> <p>Call office if you need to use Albuterol every 4 hours for longer than 24 hours, or using Albuterol for longer than 4 days in a row, or 2 times/week three times/month</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Red zone</b></p> <p><b>"Get Help!"</b></p> <ul style="list-style-type: none"><li>- medicine is not helping</li><li>- breathing is hard and fast</li><li>- nose opens wide</li><li>- skin pulling in between ribs(retractions)</li><li>- cannot talk well</li></ul>	<p>Albuterol 4 puffs immediately or Albuterol Nebulizer solution nebulize 1 unit immediately followed by another unit immediately after the first unit is done.</p> <p><b>Call the office immediately.</b> If after hours, asked that the doctor who is on be paged STAT. If you can not reach your doctor on call, <b>GO to ER</b></p> <p style="text-align: center;"><b>Call 911 if your child is having extreme difficulty breathing</b></p> <p>_____</p> <p>_____</p> <p>_____</p>

Triggers:       Cigarette smoke     Out door allergens  
 Colds             Cold air             Dust / mold  
 Dogs / Cats     Exercise             Other \_\_\_\_\_

**Follow up visit:** \_\_\_\_\_  
Please bring all your medicines with you.