

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