

Asthma Action Plan

Green Zone - Healthy

Symptoms:

- * No symptoms
- * No night cough
- * Can play without coughing or wheezing

Target Peak Flow (personal best):			
Controller (daily maintenance) Medications:			
What Medication?	How Delivered?	How Much?	How Often?

Yellow Zone - Caution

Symptoms:

- * Congestion * Runny Nose * Cough
- * First signs of asthma: cough, wheeze, breathing difficulties

What to do at first signs of respiratory illness

- * Give reliever medications 3 times a day
- * Call your doctor to report symptoms
- * At the first sign of asthma symptoms, give reliever medication every four hours while awake

Target Peak Flow (personal best):			
Controller (daily maintenance) Medications:			
What Medication?	How Delivered?	How Much?	How Often?

Red Zone - Danger

Symptoms:

- * Needs treatment more than every four hours
- * Frequent cough that ends in gagging or vomiting
- * Wheeze that can be heard without a stethoscope
- * Increased effort with breathing, shortness of breath
- * Reactions (skin sucks in between, above or below ribs)

What to do:

- * Use reliever medication(s) immediately, consider nebulizer
- * Call doctor child needs to be seen right away

Target Peak Flow (personal best):			
Controller (daily maintenance) Medications:			
What Medication?	How Delivered?	How Much?	How Often?

Physician Name: _____ **Phone:** _____

Physician Signature: _____

Parent/Guardian Signature: _____