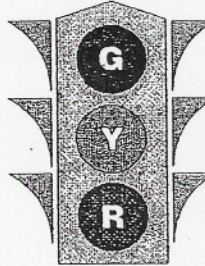


Asthma Action Plan

"A Better Self, A Better World"

Name	Date of Birth	Effective Date / / to / /
Doctor	Parent/Guardian	
Doctor's Office Phone Number: Day	Parent's Phone	
Emergency Contact After Parent	Contact Phone	
Doctor's Signature/Stamp	Student is able to self medicate <input type="checkbox"/> Yes <input type="checkbox"/> No	

The colors of a traffic light will help you use your asthma medicines.



Green means Go Zone!
Use preventive medicine.

Yellow means Caution Zone!
Add prescribed yellow zone medicine.

Red means Danger Zone!
Get help from a doctor.

PEAK FLOW RANGE

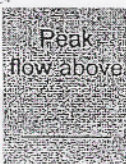
Green Zone	_____
Yellow Zone	_____
Red Zone	_____

Also Pay Attention to Symptoms.

GO (Green)

You have **all** of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play



Use these medicines every day.

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT

For asthma with exercise, take:

--	--	--

Check all items that trigger your asthma and things that could make your asthma worse:

- Chalk dust
- Cigarette Smoke & second hand smoke
- Colds/Flu
- Dust mites, dust, stuffed animals, carpet
- Exercise

CAUTION (Yellow)

You have **any** of these:

- First sign of a cold
- Exposure to known trigger
- Cough
- Mild wheeze
- Tight chest
- Coughing at night

And/or Peak flow from _____ to _____



Continue with green zone medicine and ADD:

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
FIRST →		
NEXT →		

IF QUICK RELIEVER/YELLOW ZONE MEDICINE IS NEEDED MORE THAN 2-3 TIMES A WEEK THEN CALL YOUR DOCTOR.

- Mold
- Ozone alert days
- Pests - rodents & cockroaches
- Pets - animal dander
- Plants, flowers, cut grass, pollen
- Strong odors, perfumes, cleaning products, scented products

DANGER (Red)

Your asthma is getting worse fast:

- Medicine is not helping within 15-20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Lips blue
- Fingernails blue
- Trouble walking and talking

And/or Peak flow below _____



Take these medicines and call your doctor

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT

Get help from a doctor now! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT.

- Sudden temperature change
- Wood Smoke
- Foods: _____
- Other: _____