

PEDIATRIC ASTHMA ACTION PLAN for _____

Prepared by: _____
Date: _____

GREEN ZONE

GOING WELL: Asthma is controlled

If your child has ALL* of these:

- No symptoms at night
- No signs of a cold or flu
- Can do usual activities
- Uses reliever 2 times a week or less
- Has daytime symptoms 2 times a week or less
- Does not miss school or daycare due to asthma



If your child does not fit the above, your provider*
may need to adjust your daily medications

INSTRUCTIONS:

Give controller medication(s) **EVERY DAY**:

_____ (_____ puffer) _____ puff(s) _____ time(s) daily
_____ (_____ puffer) _____ puff(s) _____ time(s) daily

Give reliever **IF NEEDED** for symptoms:

_____ (_____ puffer) _____ puff(s) every 4 hours

- Prevent asthma symptoms:

- Avoid triggers
- Wash hands
- Get vaccines

Other:

*If you do not have an asthma care provider, call 811 for help

YELLOW ZONE

CAUTION: Step Up Medication

If your child has ANY of these:

- A cold or flu
- Tight chest, cough or is short of breath
- Trouble playing or doing sports
- Missing school or daycare due to asthma
- Trouble sleeping due to cough or breathing
- Using reliever 3 or more times in a week
- Using reliever more than 2 times per day



INSTRUCTIONS:

- Give reliever (_____ puffer) _____ puffs every 4 hours **IF NEEDED** for symptoms
- Continue to take controller medication(s)
- If reliever (_____ puffer) is needed every 4 hours for more than 2-3 days **OR** if symptoms don't go away in 2-3 days, call your asthma care provider*

Other:

RED ZONE

STOP: Get Help Now

If your child has ANY of these:

- Non-stop cough
- Wheezing you can hear
- Can't talk due to breathing
- Skin sucking in at throat or between ribs
- Reliever doesn't work or is needed again before 3 hours
- Blue or grayish skin
- Looks limp



GO TO THE NEAREST EMERGENCY ROOM NOW

INSTRUCTIONS:

- Stay calm
- Give reliever (_____ puffer) 5 puffs every 10-20 minutes **on your way to the hospital**
- Do not wait to go to the hospital
- Bring this asthma action plan with you to the emergency room

Other:

Asthma information in 14 languages
courtesy of



Always remain on your controller medication(s), even if you are having no symptoms of asthma

Use a spacer with every dose of inhaler (if you use metered-dose (pump) inhalers)

Return empty inhalers to your local pharmacy for disposal

DISCHARGE INSTRUCTIONS:

To treat the current asthma attack, do the following:

- Watch for **RED ZONE** signs
- Take reliever (_____ puffer) _____ puffs every 4 hours for _____ day(s) or until better
- Continue to take controller medication(s)
- Give dexamethasone _____ mg on: _____ (date) at _____ (time)
- Make an appointment with your doctor or asthma care provider within _____ weeks

HOW TO USE YOUR INHALER (and spacer):



- Remove the inhaler cover
- Shake the inhaler for 5 seconds
- If your inhaler is new, has not been used in two weeks or has been dropped, spray one or two puffs into the air (away from your face)
- Insert the inhaler into the flat end of the spacer
- Place the spacer over the mouth and nose (mask) or in the mouth (no mask). Make sure there is a good seal
- Press down the top of the canister to release one puff of the medicine
- Take 5 breaths (in and out)
- Repeat these steps for each puff of medicine prescribed
- Wash your spacer once a week in the sink with warm soapy water. Rinse clean and air dry

Asthma Triggers

These are common asthma triggers. Know your triggers and try your best to avoid them.



COLDS are the most common trigger. Wash hands often. Follow Yellow Zone at the first sign of a cold.



SMOKING or being in a house or car where someone else smokes. Don't smoke and encourage your parents to STOP smoking. Even if they smoke outside, the smoke in their clothes and hair can trigger your asthma.



AIR POLLUTION including strong scents. Avoid fumes, chemicals, and scented products.



PETS with fur or feathers. If you have pets, bathe them regularly and keep them out of bedrooms.



POLLEN and other seasonal allergies. Close windows during pollen season (spring and fall). Avoid going outside on high pollen days and avoid freshly cut grass. Air conditioning helps.



DUST MITES. Wash bed sheets in hot water. Vacuum and dust often. Cover pillows and mattresses with dust mite resistant covers.



MOLD. Keep bathrooms and basements dry and clean up visible mold. Stay away from decomposing leaves in the fall.