

# Asthma Action Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Green Zone – Safe, Controlled



### Asthma is controlled if:

- Not missing daycare or school
- Keeping up with other kids
- Can easily play or do sports
- No asthma symptoms at night
- No cold symptoms
- Parents are not missing work
- Use of reliever puffer no more than two times per week
- Daytime symptoms (cough, wheeze, or breathing problems) no more than two times per week

### What should I do?

#### CONTROLLER MEDICATION

Medication: \_\_\_\_\_

Dose/Puffs: \_\_\_\_\_

How Often: \_\_\_\_\_

**Always** use Green Zone medications even if no asthma symptoms

## Yellow Zone – Attention



### Asthma is flaring if:

- Wheezing or having trouble breathing, especially at night
- Symptoms during play or normal activities

### What should I do?

Continue controller medications and start reliever medications

#### RELIEVER MEDICATION(S)

Medication: \_\_\_\_\_

Dose/Puffs: \_\_\_\_\_

How Often: \_\_\_\_\_

Medication: \_\_\_\_\_

Dose/Puffs: \_\_\_\_\_

How Often: \_\_\_\_\_

Talk to a doctor if reliever medication is needed every four hours or if asthma symptoms do not get better after one day

## Red Zone – Danger



### Asthma is dangerous if:

- Skin is sucking in at the bottom of the throat or between and under the ribs
- Reliever medication is needed more than every four hours for coughing or wheezing
- Skin colour is blue or grey
- Child is tired or limp

### What should I do?

**Call 911 or go to the hospital right away**

Give \_\_\_\_ puffs of reliever medication (using spacer) **every 20 minutes** on the way to the hospital or while you wait for help