



Asthma Action Plan

This Asthma Action Plan should be filled out by you and your healthcare provider and be kept in a safe place along with your child's medications. You will also want to review this plan with all of your child's caregivers. Make sure each caregiver has a copy so that they are able to respond properly in case of an attack.

Note: This plan should be reviewed and updated periodically by your healthcare provider.

Important Info

Name: _____

Date of Birth: _____ Date: _____

Healthcare Provider's Name: _____ Healthcare Provider's Phone: _____

Emergency Contact: _____ Emergency Phone: _____

Triggers

- exercise mold cold/flu dust mites
- weather air pollution smoke pollen _____
- food _____ animals _____
- other _____

The Green Zone

This is also known as the safety zone-when your child is feeling well and their asthma is under control.

Symptoms

- Breathing is easy
- No cough or wheeze
- Can do usual activities
- Can sleep through the night

Personal best peak flow

Peak flow from

 to

Use these controller medicines as listed.

Medicine Name	How Much	How Often/When	How & When to Take Before Exercise

*Make sure your child has rescue medicine with them at all times

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The Yellow Zone

This is also known as the caution zone-when your child is beginning to experience mild symptoms.

Symptoms

- Some shortness of breath
- Cough, wheeze, or chest tightness
- Some difficulty doing usual activities
- Sleep disturbed by symptoms
- Symptoms of a cold or flu

Peak flow from

to

Continue with controller medicines as above, and add these rescue medicines.

Medicine Name	How Much	How Often/When

Call your healthcare provider if: _____

The Red Zone

This is also known as the danger zone-when your child is experiencing severe asthma symptoms and is having an attack.

Symptoms

- Severe breathing problems
- Cannot do usual activities
- Difficulty walking and talking
- Rescue medicine is not helping

Peak flow from

to

Take this medicine and call your child's healthcare provider now!

Medicine Name	How Much	How Often/When

If your child is in the Red Zone you should contact their healthcare provider. Call 911/emergency if your child requires immediate medical attention

Special Instructions
