Understanding Your Asthma Action Plan

The Asthma Action Plan explains how to manage asthma. The action plan gives instructions on how and when to take your medication and what to do in an emergency. Most asthma action plans use zones to guide caretakers on how to manage a child's asthma depending on the child's symptoms.

Not all asthma action plans are the same. Your doctor will make a plan that is just for you. Always follow your own asthma action plan.

Your doctor may change your asthma action plan. Make sure to go over the asthma action plan with your doctor at every appointment.

Everyone who cares for your child must have a copy of the asthma action plan.

Your Asthma Action Plan will include

• How to use your medications
• When to use your medications
• When to call 911
• What to do when you have asthma symptoms
• When to call the child’s doctor

Have a copy of the action plan everywhere your child spends time

• Daycare center
• Babysitter’s house
• School
• Summer camp
• After school programs
• Community centers
• Recreational activities such as sports, and dance
• Neighbors, friends and families' houses

Talk about your child’s asthma with those who care for your child

• Find out if the place your child spends time has an asthma emergency plan.
• Ask who will care for your child in an emergency.
• Make sure your child can get their asthma medication right away.
• Have a letter that allows your child to give themselves their own medication.
• Ask if there are any other documents needed.
• Make sure the place has your current contact information.
Sample Action Plan

Remember: Not all action plans are the same. Your doctor will make a plan that is just for you.

Green Zone

Tells you what to do when your child is breathing easy.

Follow these actions to prevent asthma symptoms before they appear.

Yellow Zone

Tells you what to do if you see or hear asthma symptoms.

Follow these actions to prevent symptoms from getting worse.

Red Zone

Tells you what to do when the asthma symptoms are an emergency.

The child needs to get medical help right away. Call 911

Asthma Action Plan

For _____________________________ Date ____________

Prepared by __________________________

Green Zone: GO-Take these control (prevention) medicines Every Day

You have ALL of these:
• Breathing is easy
• No cough or wheeze
• Can play and work
• Can sleep all night

Controller Medicine (Name and Strength) How much (Dose) and how to take Morn-ing Afternoon Bed-time

For Allergies:
Exercise: If your asthma is from exercising, take these medicines minutes before exercising:

Dose How to take

Yellow Zone: CAUTION—Keep taking control medicines and add Rescue medicines

You have ANY of these:
• First sign of a cold
• Exposed to known trigger
• Cough
• Mild wheeze
• Tight chest
• Coughing at night

Controller Medicine (Name and Strength) How much (Dose) and how to take How often

Albuterol (90 mcg/spray) __________ puffs every 4 hours
Albuterol 0.083% solution (2.5 mg) nebulizer every 4 hours
Other

1. If your child feels better in 30 minutes, and remains well for at least 3 hours, continue rescue medicine every 4 hours for 12 hours
2. If your child stays in the yellow zone after 12 hours, call your doctor for a change in the medication plan. Doctor __________ Phone __________
3. If child DOES NOT feel better in 30 minutes, follow the RED Zone

Red Zone: DANGER—Take These Medicines and Get HELP Right Away

You have ANY of these:
• Medicine is not helping
• Breathing hard and fast
• Nose opens wide
• Ribs show
• Lips or fingernails blue or grey color
• Trouble walking or talking

Controller Medicine (Name and Strength) How much (Dose) and how to take How often

Albuterol (90 mcg/spray) __________ puffs every 20 minutes for 1 hour
Albuterol 0.083% solution (2.5 mg) nebulizer every 4 hours
Other

Call Your Doctor NOW when giving the treatment.

Asthma can be life threatening. If your child is not responding, call 911 for an ambulance or go directly to the nearest emergency department.

Your Asthma Triggers (makes your asthma worse)

Allergens
□ Dust and dust mites
□ Cats or other furry animals
□ Mold
□ Pollen from trees, grass or flowers
□ Rodents, cockroaches or "roaches"

Irritants
□ Aerosols like hair or bug spray
□ Air pollution
□ Cigarette smoke
□ Strong smells like perfumes, air fresheners, cleaning fluid

Other Triggers
□ Cold air
□ Exercise or activity
□ Getting a cold or flu
□ Strong emotions or stress
□ Other

Print Name and Signature of Person Responsible __________________________
Print Name and Signature of Healthcare Provider __________________________

For questions and resources, call 1 (833) 327-8462. www.SouthSideKidsAsthma.org

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This document is only to give information. Talk to your doctor about treatment for you.