

Asthma Action Plan

For _____ Date _____

Prepared by _____



South Side
**PEDIATRIC
ASTHMA
CENTER**
powered by
UChicago Medicine

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

You have ALL of these: <ul style="list-style-type: none"> 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	After- noon	Bed- time
	For Allergies:				
Exercise: If your asthma is from exercising, take these medicines _____ minutes before exercising:					
		Dose	How to take		
		Dose	How to take		

Yellow Zone: CAUTION-Keep taking control medicines and add **Rescue** medicines

You have ANY of these: <ul style="list-style-type: none"> First sign of a cold Exposed to known trigger Cough Mild wheeze Tight chest Coughing at night 	Use Only One	Controller Medicine (Name and Strength)	How much (Dose) and how to take	How often
		Albuterol (90 mcg/puff)	_____ puffs	every 4 hours
		Albuterol 0.083% solution (2.5 mg)	nebulizer	every 4 hours
		Other		
	<ol style="list-style-type: none"> 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 If your child stays in the yellow zone after 12 hours, call your doctor for a change in the medication plan. Doctor _____ Phone _____ 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: <ul style="list-style-type: none"> Medicine is not helping Breathing hard and fast Nose opens wide Ribs show Lips or fingernails blue or grey color Trouble walking or talking 	Use Only One	Controller Medicine (Name and Strength)	How much (Dose) and how to take	How often
		Albuterol (90 mcg/puff)	_____ 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	Irritants	Other Triggers
<input type="checkbox"/> Dust and dust mites <input type="checkbox"/> Cats or other furry animals <input type="checkbox"/> Mold <input type="checkbox"/> Pollen from trees, grass or flowers <input type="checkbox"/> Rodents, cockroaches or "roaches"	<input type="checkbox"/> Aerosols like hair or bug spray <input type="checkbox"/> Air pollution <input type="checkbox"/> Cigarette smoke <input type="checkbox"/> Strong smells like perfumes, air fresheners, cleaning fluid	<input type="checkbox"/> Cold air <input type="checkbox"/> Exercise or activity <input type="checkbox"/> Getting a cold or flu <input type="checkbox"/> Strong emotions or stress <input type="checkbox"/> 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