Asthma Action Plan

Name	Date of Birth	Effective Date
Doctor		Parent/Guardian
Doctor's Office Phone Number: Day		Parent's Phone
Emergency Contact After Parent		Contact's Phone
Student is able to self-medicate ☐ Yes ☐ No		Best Peak Flow Score

The colors of a traffic light will help you use your asthma medicines. Also pay attention to symptoms

Green means GO ZONE
Use preventive medicines

Yellow means CAUTION ZONE
Add quick-relief medicines

Red means DANGER ZONE
Get help from a doctor

GO (GREEN)

You have ALL of these:
- ✓ Breathing is good
- ✓ No cough or wheeze
- ✓ Sleep through the night
- ✓ Can work or play

Peak flow above _____
(80 percent or more of my best peak flow)

Use these medications every day:

Medicine	How Much to Take	When and How Often

Before Exercise ☐ ☐ 2 or ☐ 4 puffs
(5 minutes before) _____ _____

CAUTION (YELLOW)

You have ANY of these:
- ✓ 1st sign of a cold
- ✓ Exposure to trigger
- ✓ Cough
- ✓ Mild wheeze
- ✓ Tight chest
- ✓ Coughing at night

Peak flow _____ to _____
(50% to 79% of my best peak flow)

Continue with Green Medications and ADD:

Medicine	How Much to Take	When and How Often
First		

Next: Call Doctor if there is no improvement

DANGER (RED)

Your asthma is getting worse fast:
- ✓ Medicine is not helping within 15-20 minutes
- ✓ Breathing is hard & fast
- ✓ Nose opens wide
- ✓ Ribs show
- ✓ Lips and/or fingernails blue
- ✓ Trouble walking & talking

Peak flow below _____
(50% of my best peak flow)

Take these medications and call your doctor:

Medicine	How Much to Take	When and How Often
		Immediately and Call Doctor

Go to the hospital or call an ambulance if:
- You are still in the red zone after 15 minutes AND
- You have not reached your doctor

Triggers:

☐ Chalk dust	☐ Cleaning Products	☐ Cockroaches
☐ Smoke	☐ Dust/Dust Mites	☐ Temperature Changes
☐ Cold/Flu	☐ Plants/Pollen	☐ Rodents
☐ Exercise	☐ Mold	☐ Odors
	☐ Ozone Alert Days	☐ Pets

Doctor's Signature/Stamp:

Breathe® NEW HAMPSHIRE
Improving lung health since 1916