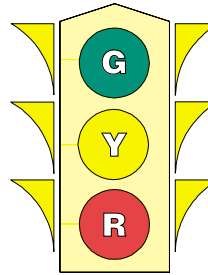


# Asthma Action Plan

The colors of a traffic light will help you use your asthma medicines.



**Green means Go Zone!**  
Use preventive medicine.

**Yellow means Caution Zone!**  
Add prescribed yellow zone medicine.

**Red means Danger Zone!**  
Get help from a doctor.

**Pay Attention to Symptoms.**

**(Press Firmly)**

Name	Date of Birth	Effective Date / / to / /
Doctor	Parent/Guardian	
Doctor's Office Phone Number	Parent's Phone	
Emergency Contact After Parent	Contact Phone	

## GO (Green)

**You have all of these:**

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play

And/or Peak flow above \_\_\_\_\_

## CAUTION (Yellow)

**You have any of these:**

- First sign of a cold
- Exposure to known trigger
- Cough
- Mild wheeze
- Tight chest
- Coughing at night

And/or Peak flow from \_\_\_\_\_ to \_\_\_\_\_

## DANGER (Red)

**Your asthma is getting worse fast:**

- Medicine is not helping within 15-20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Lips blue
- Fingernails blue
- Trouble walking and talking

And/or Peak flow below \_\_\_\_\_

## Use these medicines every day.

MEDICINE/DOSAGE	HOW MUCH TO TAKE	WHEN TO TAKE IT

**COMMENTS:**

**For asthma with exercise, take:**

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## Continue with green zone medicine and **ADD:**

MEDICINE/DOSAGE	HOW MUCH TO TAKE	WHEN TO TAKE IT
<b>FIRST</b> ➡		
<b>NEXT</b> ➡		

**COMMENTS:**

➡ **IF QUICK RELIEVER/YELLOW ZONE MEDICINE IS NEEDED MORE THAN 2-3 TIMES A WEEK THEN CALL YOUR DOCTOR.**

## Take these medicines and call your doctor

EMERGENCY MEDICINE/DOSAGE	HOW MUCH TO TAKE	WHEN TO TAKE IT

**COMMENTS:**

Get help from a doctor now! It's Important!

Asthma is a potentially life threatening illness. If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT.** Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

**Check all items that trigger your asthma and things that could make your asthma worse:**

- Chalk dust
- Cigarette Smoke & second hand smoke
- Colds/Flu
- Dust mites, dust, stuffed animals, carpet
- Exercise
- Mold
- Ozone alert days
- Pests - rodents & cockroaches
- Pets - animal dander
- Plants, flowers, cut grass, pollen
- Strong odors, perfumes, cleaning products, scented products

This student is capable and has been instructed in the proper method of self-administering the medications named above (or attached prescription).

This student is not approved to self-medicate.

**Check asthma severity:**    Mild Intermittent    Mild Persistent    Moderate Persistent    Severe Persistent

PHYSICIAN/IPA/APN SIGNATURE \_\_\_\_\_

PHYSICIAN STAMP \_\_\_\_\_

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Adapted from the NHLBI

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