

# Asthma Action Plan

Name:		Date:
Birth Date:	Provider Name:	Provider Phone #
Patient Goal:		Parent/Guardian Phone #
Important! Avoid things that make your asthma worse:		



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

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

**Yellow means Caution Zone!**  
Add quick-relief medicine.

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

Personal Best Peak Flow: \_\_\_\_\_

**GO — You're Doing Well!** ➔ Use these daily controller medicines:

You have **all** of these:

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



Peak flow from \_\_\_\_\_ to \_\_\_\_\_

MEDICINE	HOW MUCH	HOW OFTEN/ WHEN

**CAUTION – Slow Down!** ➔ Continue with green zone medicine and add:

You have **any** of these:

- First signs of a cold
- Cough
- Mild wheeze
- Tight Chest
- Coughing at night



Peak flow from \_\_\_\_\_ to \_\_\_\_\_

MEDICINE	HOW MUCH	HOW OFTEN/ WHEN

CALL YOUR PRIMARY CARE PROVIDER: \_\_\_\_\_

**DANGER – Get Help!** ➔ Take these medicines and call your provider now.

Your asthma is getting worse fast:

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Can't talk well



Peak flow from \_\_\_\_\_ to \_\_\_\_\_

MEDICINE	HOW MUCH	HOW OFTEN/ WHEN

**Get help from a provider now! Do not be afraid of causing a fuss. Your provider will want to see you right away. It's important! If you cannot contact your provider, go directly to the emergency room and bring this form with you. DO NOT WAIT.**  
Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I, \_\_\_\_\_ give permission to the school nurse and/or the school-based health clinic to exchange information and otherwise assist in the asthma management of my child including direct communication with my child's primary care provider. \_\_\_\_\_ Date: \_\_\_\_\_  
(parent/guardian name-please print) (signature)

**\*\*Please refer to the back of the school copy for the Medication Authorization form.**