

# ASTHMA ACTION PLAN

Child Name \_\_\_\_\_  
 Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Parent/Guardian \_\_\_\_\_  
 Contact number \_\_\_\_\_ Other Contact number \_\_\_\_\_

## GREEN ZONE DOING GREAT



Peak Flow Meter Personal Best \_\_\_\_\_

- Breathing is easy
- No cough
- No wheeze
- Can do regular activities
- Sleeps through the night
- Using quick relief medicine no more than 2 times a week

(ONLY FOR EXERCISE-INDUCED ASTHMA)

10 minutes before exercise

Take: \_\_\_\_\_  
(short-acting  $\beta$ -2agonist)

- 2 puffs     4 puffs     6 puffs

## PREVENTIVE MEDICINE

MEDICINE \_\_\_\_\_

Dose \_\_\_\_\_ When \_\_\_\_\_ Device \_\_\_\_\_

MEDICINE \_\_\_\_\_

Dose \_\_\_\_\_ When \_\_\_\_\_ Device \_\_\_\_\_

MEDICINE \_\_\_\_\_

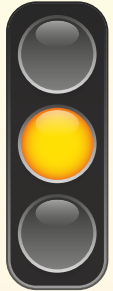
Dose \_\_\_\_\_ When \_\_\_\_\_ Device \_\_\_\_\_

## OTHER INSTRUCTION

\_\_\_\_\_

\_\_\_\_\_

## YELLOW ZONE CAUTION



Peak Flow Meter between %50 to %80 of personal best \_\_\_\_\_ to \_\_\_\_\_

- Short of breath     Cough     Wheeze     Can't do usual activities
- Sleep disturbance due to breathing difficulty, cough or wheeze
- Using quick relief medicine more than 2 times a week

1

GIVE QUICK RELIEF MEDICINE AND KEEP TAKING YOUR GREEN ZONE MEDICINE

Take: \_\_\_\_\_  
(every 20 minutes for up to 1 hour) \_\_\_\_\_  
(short-acting  $\beta$ -2agonist)

2 puffs     4 puffs    OR     Nebulizer, dose \_\_\_\_\_

2

If your symptoms return to GREEN ZONE after 1 hour of above treatment: Continue monitoring to be sure you stay in the GREEN ZONE OR If your symptoms do not return to GREEN ZONE after 1 hour of above treatment:

Take: \_\_\_\_\_  
(short-acting  $\beta$ -2agonist)

2 puffs     4 puffs    OR     Nebulizer, dose \_\_\_\_\_ every \_\_\_\_\_ minutes

Add \_\_\_\_\_ mg per day for \_\_\_\_\_ Days  
(Oral Steroid)

3

If child gets worse, call parents and GO TO RED ZONE

## RED ZONE DANGER



## TAKE THIS MEDICINE

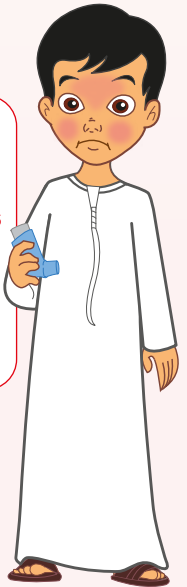
Peak Flow Meter less than %50 of personal best \_\_\_\_\_

- Child has trouble walking or talking     Breathing very fast
- Skin on neck or between ribs pulling in     Quick relief medicine not helping

Take: \_\_\_\_\_  
(short-acting  $\beta$ -2agonist)

4 puffs     6 puffs    OR     Nebulizer, dose \_\_\_\_\_ every \_\_\_\_\_ minutes

Add \_\_\_\_\_ mg per day for \_\_\_\_\_ Days  
(Oral Steroid)



**DO NOT WAIT,**  
**CALL 998** OR go to the nearby hospital as soon as possible.

Doctor Name: \_\_\_\_\_