



# Asthma Action Plan

Asthma Action Plan For:

Today's Date:

Doctor's Name:

Doctor's Phone #:

**GO! (GREEN)**

**Use these medicines EVERY DAY to prevent asthma attacks**

Medicines, how much to take, and when to take them:

Your child has ALL of these:

- No coughing or wheezing
- Sleeping through the night
- Can work or play
- Breathing is good

Before exercise, if needed:

2 puffs of albuterol inhaler with spacer or 1 neb treatment, 5-20 minutes before exercise

**CAUTION (Yellow)**

**Keep taking daily medicines but change the dose as follows:**

Medicines, how much to take, and when to take them:

Your child has ANY of these:

- First signs of a cold
- Cough or wheeze
- Chest tightness
- Shortness of breath with play or sleep
- Waking at night due to cough or trouble breathing

Albuterol inhaler, 4 puffs every 4 hours. If your child needs albuterol more often than every 4 hours, OR if she/he is having symptoms after 2 days, OR if the albuterol is not helping at any time, CALL YOUR DOCTOR!

Phone #:

**DANGER! (Red)**

**Take these medicines and call your doctor**

Your child's asthma is getting worse quickly:

- Albuterol is not helping within 15-20 minutes
- Breathing is hard and fast
- Ribs show when breathing
- Can't sleep or play because of coughing or wheezing

**Call your asthma provider now!** Phone #:

If you cannot contact your doctor, then go to the ER or call 911. DO NOT WAIT! See your child's doctor within 3-5 days of an ER visit or hospitalization

**Life threatening symptoms**

**If you see any of the following, call 911 or go to the ER now:**

- Lips or finger nails that look blue or grey
- Pulling in neck or ribs during breaths
- Trouble walking or talking because of asthma
- No response to quick relief medication

Caregiver Signature: \_\_\_\_\_ Date: \_\_\_\_\_