# Asthma Action Plan

## GO! (GREEN)

Use these medicines EVERY DAY to prevent asthma attacks

<table>
<thead>
<tr>
<th>Medicines, how much to take, and when to take them:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 puffs of albuterol inhaler with spacer or 1 neb treatment, 5-20 minutes before exercise</td>
</tr>
</tbody>
</table>

### 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:

<table>
<thead>
<tr>
<th>Medicines, how much to take, and when to take them:</th>
</tr>
</thead>
<tbody>
<tr>
<td>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!</td>
</tr>
</tbody>
</table>

### 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

## DANGER! (Red)

Take these medicines and call your doctor

<table>
<thead>
<tr>
<th>Call your asthma provider now! Phone #:</th>
</tr>
</thead>
<tbody>
<tr>
<td>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</td>
</tr>
</tbody>
</table>

### 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

### Life threatening symptoms
- 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

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Caregiver Signature: ___________________________ Date: ___________________________