

# Asthma Action Plan

<b>Green Zone – Healthy</b>  <b>Symptoms:</b> <ul style="list-style-type: none"> <li>– no symptoms</li> <li>– no night cough</li> <li>– can play without coughing or wheezing</li> </ul>	<b>Target Peak Flow (personal best):</b>			
	Controller (daily maintenance) Medications:			
	What Medication?	How Delivered?	How Much?	How Often?

<b>Yellow Zone – Caution</b>  <b>Symptoms:</b> <ul style="list-style-type: none"> <li>– congestion</li> <li>– runny nose</li> <li>– cough</li> <li>– first sign of asthma: cough, wheeze, difficulty breathing</li> </ul> <b>What to do at first signs of any respiratory illness</b> <ul style="list-style-type: none"> <li>– give reliever medications 3 times a day</li> <li>– call your doctor to report symptoms</li> <li>– at the first sign of asthma symptoms (cough, wheeze, difficulty breathing), give reliever medication every four hours while awake</li> </ul>	<b>Target Peak Flow (personal best):</b>			
	Controller (daily maintenance) Medications:			
	What Medication?	How Delivered?	How Much?	How Often?

<b>Red Zone – Danger</b>  <b>Symptoms:</b> <ul style="list-style-type: none"> <li>– Needs treatment more than every four hours</li> <li>– Frequent cough that ends in gagging or vomiting</li> <li>– Wheeze that can be heard without a stethoscope</li> <li>– Increased effort with breathing, shortness of breath</li> <li>– Reactions (skin sucks in between, above or below ribs)</li> </ul> <b>What to do:</b> <ul style="list-style-type: none"> <li>– Use reliever medication(s) immediately, consider a nebulizer</li> <li>– Call your doctor-child needs to be seen right away</li> </ul>	<b>Target Peak Flow (personal best):</b>			
	Controller (daily maintenance) Medications:			
	What Medication?	How Delivered?	How Much?	How Often?

**Less than 50% of Personal Best**

If any of the following signs are present, your child needs to be seen by a doctor's office or emergency room immediately, or call 911.

- Extreme shortness of breath
- Blue or gray coloration to lips or nailbeds
- Lethargy—child can't speak, eat or drink because of difficulty breathing
- Lots of effort to breathe
- Retractions are seen—skin sucks in between ribs with each breath