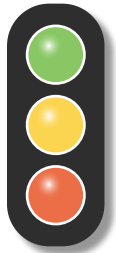


Name: _____ Date: _____

Asthma Action Plan

(Note: This information should not be used to diagnose a medical condition. Talk to your doctor if you or your child are struggling with asthma symptoms.)



If your child has asthma, you should have an asthma action plan. This plan will help to prevent asthma attacks and to know what to do if there is an asthma attack.

← The colors of the traffic light will help you use your asthma medicine.

Your child's name: _____

Your child's asthma triggers:

My child's doctor is:
Name: _____

Phone number: _____

Green: Doing Well

In this zone, the child is:

- Not coughing
- Not wheezing
- No chest tightness
- No trouble breathing

- Able to do all normal things (like playing and walking)
- Peak flow more than 80% of personal best

In this zone, you should:

- Continue giving your child their normal controller medicines

Controller medicines my child takes:

Medicine: _____

Dose: _____

Yellow: Getting Worse

In this zone, the child is:

- Coughing, or
- Wheezing, or
- Having chest tightness, or
- Having trouble breathing, or

- Waking up at night because of asthma
- Not able to do some normal things (like playing), or
- Peak flow 50%-70% of personal best

In this zone, you should:

- Give your child their quick relief medicine
- Continue giving controller medicine like normal
- Check symptoms every hour

Quick relief medicines my child takes:

Medicine: _____

Dose: _____

Red: Emergency

In this zone, the child is:

- Having a lot of trouble breathing, or
- Rescue medicines aren't helping, or
- Not able to do any normal things (like walking), or

- In the Yellow Zone for more than 24 hours and not getting better, or
- Peak flow less than 50% of personal best

In this zone, you should:

- Give your child their rescue medicine
- Call their doctor
- If you can't reach the doctor and symptoms aren't going away, go to the hospital

Rescue medicines my child takes:

Medicine: _____

Dose: _____

Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.