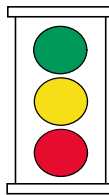


Name: _____
 DOB (mm/dd/yyyy): _____
 School: _____



ASTHMA ACTION PLAN

You can use the colors of a traffic light to help learn about your asthma medicines:

1. GREEN means GO. Use your everyday preventive medicines
2. YELLOW means CAUTION. Use quick-relief medicine.
3. RED means DANGER! Use extra medicines and call your doctor NOW!

GREEN means GO!!!

USE PREVENTION MEDICINES EVERY DAY

- * Breathing is good
- * No cough or wheeze
- * Can work and play

☐ Not Applicable (no prevention medicines)

Medicine	How Much to Take	Times to Take	Take at: Home? School?	
_____	_____	_____	☐	☐
_____	_____	_____	☐	☐
_____	_____	_____	☐	☐



20 minutes before exercise use this medicine: _____

YELLOW means CAUTION!!!!

START TAKING QUICK RELIEF MEDICINE



Cough



Wheeze

TAKE QUICK-RELIEF MEDICINE TO KEEP AN ASTHMA ATTACK FROM GETTING BAD AND KEEP TAKING GREEN ZONE MEDICINES

Medicine	How Much to Take	Times to Take	Take at: Home? School?	
_____	_____	Every 4 - 6 hours	☐	☐
_____	_____	_____	☐	☐

*If you DO NOT feel better in 20 to 60 minutes FOLLOW THE RED ZONE PLAN

**IF SYMPTOMS CONTINUE FOR 12 TO 24 HOURS, CALL YOUR DOCTOR



Tight Chest



Wake up at Night

RED means DANGER!!!

GET HELP FROM A DOCTOR NOW !!!

- * Medicine is not helping
- * Breathing is hard and fast
- * Nose opens wide to breathe
- * Can't talk well

GO TO DOCTOR'S OFFICE OR EMERGENCY ROOM!

TAKE THESE MEDICINES UNTIL YOU SEE THE DOCTOR.

Medicine	How Much to Take
----------	------------------

Repeat _____ times, 20 min. apart



CALL 911 (EMS) IF: Lips or fingernails are blue, or
 You are struggling to breathe, or
 You do not feel or look better in 20-30 minutes



Air Quality Alert Days:

The national recommendation is to avoid outdoor exercise when levels of air pollution are high.

Physician recommendations for medication self-administration: (Check one)

- ☐ The student above has been instructed by me in the proper way to use his/her medications. It is my professional opinion that he/she should be allowed to carry and self-administer the above medications while on school property or at school related events. (Optional for middle & high school students. NOT recommended for elementary students.)
- ☐ The student above, in my professional opinion, should NOT be allowed to carry and self-administer any of his/her asthma medication(s) while on school property or at school related events. (Recommended for all elementary students.)

Printed Name of Health Care Provider _____

Signature of Health Care Provider _____

Phone Number _____

Aug 7, 2023
 Date _____

I, _____, agree with the recommendations of my child's physician as noted above and give permission for my child to receive the above medication(s) as directed. I also give permission for my child's physician and the school nurse to share written or verbal information for the duration of this school year.

Signature of parent/guardian _____

Date _____

Home Telephone _____

Work Telephone _____

Cell Phone _____

