

Asthma Action Plan

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

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

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