

Asthma Action Plan

Name: _____ DOB: _____ Grade: _____

List allergies/triggers: _____

Green Zone (doing well)

- Breathing is easy
- No cough or wheeze, or only occasionally
- Can walk and play
- Sleeps well at night



1. Use these asthma & allergy controller medicines:

Medicine	Dose	Time to Take

2. Add rescue medicine every 4 hours as needed for asthma symptoms (frequent cough, wheezing, chest tightness, shortness of breath):

Should rescue medicine be given 10 minutes before gym, recess or sports (though not more often than every 4 hours)? Yes No

Yellow Zone (getting worse)

- Not feeling well – some problems breathing
- Cough or wheeze at night, or with activity/play
- Has a cold



1. Continue controller medicines, same or new dose as noted here:

- » same controller medicine(s) and dose listed in Green Zone
- » change from this: _____ to this: _____

2. Use rescue medicine every 4 hours for asthma symptoms:

- » Same as green zone
- » Change or add: _____

3. Parent/guardian to call provider if the student is not better in 5 days or sooner if symptoms are getting worse.

Red Zone (medical alert)

- Feeling awful – breathing is hard and fast
- Medicine not helping
- Can't sleep, work or play because of cough or wheeze



1. Continue Yellow Zone controller medicines.

2. Continue Yellow Zone rescue medicine: repeat in 15 minutes if needed and continue every 4 hours.

3. Parent/guardian should call the child's provider to talk about starting oral steroids (such as prednisone pills or liquid prednisolone).

4. Call 911 or go to the emergency room if any of these:

- » Not better after rescue medicine
- » Pulling in neck and ribs during breaths
- » Trouble walking or talking
- » Lips or finger nails blue or grey

Signature of Health Care Provider _____ Date _____ Phone _____ Clinic _____