

Asthma Severity Score

- Mild Intermittent: Symptoms < 2 times/week
- Mild Persistent: Symptoms 3-6 times/week
- Moderate Persistent: Exacerbations > 2 times/week
- Severe Persistent: Frequent exacerbations

MY ASTHMA ACTION PLAN:

Child's Name: _____ **Date Completed:** _____

D.O.B.: _____ **MD/NP's Signature:** _____

I give permission for the school nurse or designated school personnel to assist my child with the Asthma Action Plan. I also give permission for school personnel to exchange information with the physician regarding my child's asthma.

Guardian's Signature: _____


You can use the colors of the traffic light to help you learn to control your asthma!

GREEN = GO!

- Breathing is good
- No cough or wheeze (whistle noise)
- Can work or play as normal

OR

Peak Flow Number is:
_____ to _____
80% 100%




Use Long- Term Control Medicine **EVERYDAY** to keep asthma in check!


Medicine	How Much	When
_____	_____	_____
_____	_____	_____

Exercise Induced Asthma- 20 minutes before sports:

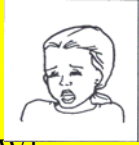
YELLOW = SLOWDOWN



Tight Chest



Cough



Wheezing

OR

Peak Flow Number is:
_____ to _____
60% 79%

Take Quick-Relief medicine to stop your asthma from getting worse!


- 1.) Continue medicine in GREEN ZONE
- 2.) Start **Albuterol** (inhaler with spacer/spacer with mask) right away - 1 spray, wait one minute and repeat, then every 4-6 hours as needed.
- 3.) If you are in the Yellow Zone and have no improvement in 6-12 hours even after using Albuterol-call your doctor

RED = STOP

- Medicine is not helping
- Can't talk, walk or move well
- Have extreme difficulty breathing
- Severe chest tightness
- Uncontrolled cough


OR

Peak Flow Number is:
_____ to _____
0% 59%



Take Quick-Relief Medicine and get help from a doctor now!

- 1.) Start Albuterol right away - 1 spray, wait 1 minute and repeat
- 2.) Go to the **Emergency Room/ Call 911** or go to your doctor or clinic.
- 3.) Continue taking medicine in **GREEN ZONE.**
- 4.) Repeat albuterol if necessary!



Make a follow up appointment at your clinic or doctor for the following day if you went to the Emergency Room!