

I want to be able to: _____



Children'sSM
Healthcare of Atlanta
Dedicated to All Better

My asthma action plan

Patient name: _____ DOB: _____

Doctor's name: _____ Signature: _____

Doctor's phone #: _____ Date: _____

Controller medicines	How much to take	How often	Other instructions
		_____ times per day EVERY DAY	<input type="checkbox"/> Gargle or rinse mouth after use
		_____ times per day EVERY DAY	
		_____ times per day EVERY DAY	
Quick-relief medicines	How much to take	How often	Other instructions
	<input type="checkbox"/> 2 puffs <input type="checkbox"/> 4-6 puffs <input type="checkbox"/> 1 nebulizer treatment	Take ONLY as needed (see below — starting in Yellow Zone or before exercise)	NOTE: If you need this medicine more than 2 days a week, call your doctor.

Asthma triggers (check all that apply):

- Exercise
 Change in temperature
 Molds
 Animals
 Strong odors or fumes
 Smoke
 Pollens
 Respiratory infections
 Dust
 Strong emotions
 Food/Other _____

Special instructions when I am ● **Doing well** ● **Be careful** ● **Ask for help**



GREEN ZONE

Doing well.

- No coughing, wheezing, chest tightness, shortness of breath during the day or night
- Can go to school and play



PREVENT asthma symptoms every day:

- Take my controller medicines (above) every day
- Before exercise, take _____ puff(s) of _____
- Avoid triggers that make my asthma worse (See above)



YELLOW ZONE

Be careful.

- Coughing, wheezing, chest tightness, shortness of breath
- Waking at night due to asthma symptoms
- Can do some, but not all, usual activities
- Runny nose, watery eyes



CAUTION. Continue taking my controller medicines every day.

- Take _____ puffs or _____ nebulizer treatment(s) of quick relief medicine. If I am not back in the **Green Zone** within one hour, then I should:
- Continue using quick relief medicine every 4 hours as needed. Call provider if not improving in _____ days.
- Increase _____
- Add _____



RED ZONE

Ask for help.

- Very short of breath
- Continual coughing
- Skin between ribs is pulling inwards
- Difficulty speaking without running out of breath
- Quick-relief medicines have not helped
- Symptoms same or worse after 48 hours in Yellow Zone



MEDICAL ALERT! Get help!

- Take quick-relief medicine: _____ puffs every _____ minutes and get help immediately.
- Take _____
- Call _____

If skin, fingernail or lip color is blue at any time:
Call 911 for help or go to the nearest Emergency Department

Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. Children's Healthcare of Atlanta at Hughes Spalding is owned by Grady Health System® and managed by HSOC, Inc. an affiliate of Children's.