

I want to be able to: \_\_\_\_\_



**Children's**  
Healthcare of Atlanta  
Dedicated to All Better

# My asthma action plan

Patient name: \_\_\_\_\_ DOB: \_\_\_\_\_

Doctor's name: \_\_\_\_\_ Signature: \_\_\_\_\_

Doctor's phone #: \_\_\_\_\_ Date: \_\_\_\_\_

Inhaler Location:

☐ at clinic

☐ with student

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)	<b>NOTE: If you need this medicine more than 2 days a week, call your doctor.</b>

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

## 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)

## 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



YELLOW ZONE

**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 \_\_\_\_\_

## 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**