Asthma Action Plan

The colors of the traffic light will help you use your asthma medicines.

- **Green** means Go Zone! Use preventive medicine.
- **Yellow** means Caution Zone! Add prescribed yellow zone medicine.
- **Red** means Danger Zone! Get help from a doctor.

### Pay Attention to Symptoms

Check all items that trigger your asthma and things that could make your asthma worse:

- Chalk Dust
- Cigarette smoke & second hand smoke
- Colds/Flu
- Dust mites, dust, stuffed animals, carpet
- Exercise
- Mold
- Ozone alert days
- Pests - rodents & cockroaches
- Pets - animal dander
- Plants, flowers, cut grass, pollen
- Strong odors, perfumes, cleaning products, scented products
- Sudden temperature change
- Wood smoke
- Foods:
  - [ ]
  - [ ]
  - [ ]
  - [ ]
  - [ ]
  - [ ]
- Other:
  - [ ]

### Personal Best Peak Flow

- **Peak flow from** [ ] to [ ]

### Check asthma severity:

- [ ] Mild Intermittent
- [ ] Mild Persistent
- [ ] Moderate Persistent
- [ ] Severe Persistent

### PHYSICIAN SIGNATURE ____________________________

### PHYSICIAN STAMP

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**GREEN (Commentary)**

**Use these medicines every day**

<table>
<thead>
<tr>
<th>MEDICINE/DOSAGE</th>
<th>HOW MUCH TO TAKE</th>
<th>WHEN TO TAKE IT</th>
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**COMMENTS:**

For asthma with exercise, take:

<table>
<thead>
<tr>
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**IF QUICK RELIEVER/YELLOW ZONE MEDICINE IS NEEDED MORE THAN 2-3 TIMES A WEEK THEN CALL YOUR DOCTOR.**

**RED (Commentary)**

**Take these medicines and call your doctor**

<table>
<thead>
<tr>
<th>EMERGENCY MEDICINE/DOSAGE</th>
<th>HOW MUCH TO TAKE</th>
<th>WHEN TO TAKE IT</th>
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**COMMENTS:**

Get help from a doctor now! It’s important!

Asthma is a potentially life threatening illness. If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT.** Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

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This student is capable and has been instructed in the proper method of self-administering the medications named above (or attached prescription).

This student is **not** approved to self-medicate.

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**WHITE - School/Child Care Copy**  **Pink - Family Copy**  **Yellow - Doctor Copy**