MY ASTHMA PLAN DOB: _____ Student Name: PHOTO Provider's Name/Phone: _____ Parents' Name(s)/Phone: Date/Signature Clinic Aide or RN/: _____ **Controller Medications (given at home) How Much to Take How Often** Other Instructions Gargle or rinse mouth after __ times/day **EVERY DAY** times/day **EVERY DAY** Rescue Medications **How Much to Take How Often** Other Instructions 2 puffs Take ONLY as needed NOTE: If you need this medication 4 puffs (see below – starting in more than 2 days/wk, call 1 nebulizer treatment physician to consider increasing Yellow Zone or before controller medications + discuss exercise) treatment plan. doing well getting worse having a medical alert: Special Instructions when I am **GREEN ZONE -- Doing well:** PREVENT asthma symptoms every day: No cough, wheeze, chest tightness, or shortness Take my controller medications every day Before exercise, take puff(s) of of breath during the day or night ___ Avoid triggers: ______ Can do usual activities YELLOW ZONE -- Getting worse: **CAUTION.** Continue taking daily controller medications AND: ☐ Take __ puffs OR ☐ one nebulizer treatment of rescue Cough, wheeze, chest tightness, shortness of breath medication. Waking at night due to asthma symptoms *If I am not back in the Green Zone within 20-30min, take Can do some, but not all activities more puffs or nebulizer treatments. First signs of a cold (check with parents) *If I am not back in the Green Zone within one hour, then I Exposure to known trigger should: Increase _____ Add _____ Continue using rescue medication every 4 hours as Needed. Call provider if not improving in days. **RED ZONE -- Medical Alert:** MEDICAL ALERT! Get help! Take rescue medication: puffs every minutes Very short of breath (breathing hard and fast, nose open Take _____ wide, ribs can show in children) Call ____ Quick relief medications have not helped Can not do usual activities Symptoms are the same or get worse after 24 hours in **Yellow Zone**

Parent Signature/Date: ______

CALL 911 immediately if trouble walking or talking due to shortness of breath or if fingernails are gray or blue. FOR CHILD: Call 911 if skin sucked in around neck and ribs during breaths or if child doesn't

respond normally.