

# Asthma Action Plan

<b>Green Zone - Healthy</b>	<b>Target Peak Flow</b> ( <i>personal best</i> ):			
<b>Symptoms:</b> <ul style="list-style-type: none"> <li>• No Symptoms</li> <li>• No Night Cough</li> <li>• Can Play without coughing or wheezing</li> </ul>	<i>Controller (daily maintenance) Medications:</i>			
	What Medication?	How Delivered?	How Much?	How Often?
<b>Yellow Zone - Caution</b>	<b>Target Peak Flow</b> ( <i>personal best</i> ):			
<b>Symptoms:</b> <ul style="list-style-type: none"> <li>• Congestion</li> <li>• Runny Nose</li> <li>• Cough</li> <li>• First sign of asthma: cough, wheeze, difficulty breathing</li> </ul> <b>What to do at first signs of any respiratory illness</b> <ul style="list-style-type: none"> <li>• Give reliever Medications 3 x's a day</li> <li>• Call your doctor to report symptoms</li> <li>• At the first sign of asthma symptoms (cough, wheeze, difficulty breathing), give reliever medication every four hours while awake</li> </ul>	<i>Controller (daily maintenance) Medications:</i>			
	What Medication?	How Delivered?	How Much?	How Often?
<b>Red Zone - Danger</b>	<b>Target Peak Flow</b> ( <i>personal best</i> ):			
<b>Symptoms:</b> <ul style="list-style-type: none"> <li>• Needs treatment more than every four hours</li> <li>• Frequent cough that ends in gagging or vomiting</li> <li>• Wheeze that can be heard without a stethoscope</li> <li>• Increased effort with breathing, shortness of breath</li> <li>• Reactions (skin sucks in between, above or below ribs)</li> </ul> <b>What to do:</b> <ul style="list-style-type: none"> <li>• Use reliever medication (s) immediately, consider a nebulizer</li> <li>• Call your doctor-child needs to be seen right away</li> </ul>	<i>Controller (daily maintenance) Medications:</i>			
	What Medication?	How Delivered?	How Much?	How Often?

### Less than 50% of Personal Best

If any of the following signs are present, your child needs to be seen by a doctor's office or emergency room immediately, or call 911

Extreme shortness of breath

Blue or Gray coloration to lips or nailbeds

Lethargy-child can't speak, eat or drink because of difficulty breathing

Lots of effort to breathe

Retractions are seen-skin sucks in between ribs with each breath