

Asthma Action Plan

Name:	Date:
Provider:	Medical record number:
Provider's phone number	
Day:	Night: Weekend:
Emergency contact:	
Provider's signature:	

Go Zone! Use preventive medicine.

Symptoms	Use these daily preventive anti-inflammatory medicines:		
You have all of these:	Medicine	How much	How often/When
<ul style="list-style-type: none"> Breathing is good No cough or wheeze Sleep through the night Can work & play 			
	For asthma with exercise, take:		

Caution Zone! Add quick-relief medicine.

Symptoms	Continue with green zone medicine and add:		
You have any of these:	Medicine	How much	How often/When
<ul style="list-style-type: none"> First signs of a cold Exposure to known trigger Cough Mild wheezing Tight chest Coughing at night 			
	Call your primary care provider.		

An extra inhaler is a covered benefit. An extra rescue inhaler is covered when prescribed by your doctor to keep at school for when your child experiences asthma symptoms.

Danger Zone! Get help from a provider.

Symptoms	Take these medicines and call your provider now.		
Your asthma is getting worse:	Medicine	How much	How often/When
<ul style="list-style-type: none"> Medicine is not helping Breathing is hard & fast Nose opens wide Ribs show Can't talk well 			
	See your doctor now. Do not wait.		

Get help from a provider now! Do not be afraid of causing a fuss. Your provider will want to see you right away. It's important! 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.