

## What is an Asthma Action Plan

An asthma action plan is a written plan that explains how to take care of your child's asthma. All children with asthma should have an asthma action plan. Your child's asthma action plan will:

- List what medicines to take and when to take them
- Describe what triggers to avoid
- Explain how to treat worsening symptoms or attacks
- Outline when you should call your doctor
- Explain when you should go to the emergency room or urgent care

All of your child's caregivers should have a copy of their asthma action plan and understand how to use it. Caregivers can be parents, grandparents, babysitters/nanny, neighbors, stepparents, and so on. The caregivers can help the child to follow the plan, manage their asthma and take the right actions if they have asthma symptoms.

**If your child goes to school, daycare, preschool, after school programs, or camps they may need your child to have a School Asthma Care Plan.**

An asthma action plan is split into three zones (green, yellow, red) based on the child's symptoms.

The **Green Zone** is where you want your child to be daily. They have no asthma symptoms and they feel good. **This is when asthma is well controlled.**

- Your child should not need to take quick relief medicine more than two times a week (in addition to taking before exercise if needed). If your child is taking quick reliever more often than this, please let your doctor know.
- **Your child should take their controller medicines as prescribed by their doctor everyday.** Don't stop taking the controller until your doctor has told you or your child to do so, even if their asthma is well controlled.
- If your child has asthma symptoms with exercise, your doctor may recommend pretreating with a quick relief medicine 10-15 minutes before running, playing sports, or increased activity.

### GREEN ZONE

## Doing well



### I feel good

I play, sleep, and go to school.

Breathing is easy. No coughing or wheezing.

I am using my quick relief medicine less than 2 times per week.

### What should I do?

- Avoid my asthma triggers.
- See my doctor every 1 to 6 months for asthma check ups.
- If needed, take 2-4 puffs of my quick relief inhaler at least 10 minutes before exercise.
- Take my daily medicines to stay in control of my asthma.

### Controller medicines I should be taking every day for long-term control:

Name of Medicine	How Much	How Often
_____	_____	_____
_____	_____	_____


### Quick Relief medicines I may need to take before running, jumping, playing, exercising, etc.

Name of Medicine	How Much	How Often
_____	_____	_____
_____	_____	_____

The **Yellow Zone** means that your child is having increased asthma symptoms.

- Your child should use the quick-relief medicine as recommended by your doctor.
- Keep having your child take their daily controller medicines.
- Your doctor may recommend an oral steroid by mouth (prednisone or dexamethasone).

**YELLOW ZONE**  
**Caution**



*I don't feel good*

I have trouble playing or sleeping.  
I am coughing, wheezing, or having trouble breathing or speaking.  
I am using my quick relief medicine more than 2 times per week.

**What should I do?**

- Continue taking my daily controller medicines and add quick relief medicine.
- If symptoms go away within 30 minutes, return to the Green Zone.
- Asthma symptoms can get worse fast. When in doubt, call your doctor for advice.
- If symptoms are not getting better in 24 hours, continue quick relief every 4 hours and call your doctor.


I will continue to take my Controller medicine, ALSO I need to take my Quick Relief medicine.

Name of Medicine	How Much	How Often
_____	_____	_____
_____	_____	_____

The **Red Zone** means your child is having severe asthma symptoms or an asthma attack and the quick relief medicine isn't helping.

- Follow the steps in your child's asthma action plan and go to the closest emergency room right away!

**RED ZONE**  
**Medical alert!**



*I feel bad and need help*

I cannot play, do activities, or sleep.  
My cough or wheeze is not getting better.  
I need my quick relief medicine more than every 4 hours.

**I need my Quick Relief more than every four hours.**

**What should I do?**

- Take your quick relief inhaler with spacer 4-6 puffs every **20 minutes** while you go see a doctor **right away**.
- You need help fast. Family or friends should **call 911** if your skin or lips turn blue, if you pass out from asthma, or if you cannot breathe.