

Asthma Action Plan

GREEN ZONE: Well

- No signs of asthma



- Give every day:

| Medicine: | How much: | When: |
|-----------|-----------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |

YELLOW ZONE: Caution!

- Cough/Cold
- Wheezing
- Not sleeping good



- Give your child:

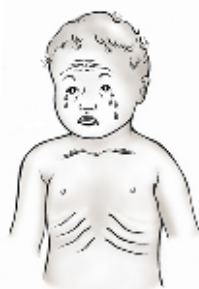
Albuterol 2 puffs or machine every 4 hours

- Call doctor if Albuterol :

- Doesn't help
- Doesn't last 4 hours
- Is needed for more than one day

**RED ZONE:
EMERGENCY!**

- Hard, fast breathing
- Lots of coughing
- Ribs show



- Give:

Albuterol 4 puffs or machine NOW

- Call the doctor

- If you cannot reach the doctor:

- Give Albuterol again
- **Go to the nearest emergency room or call 911**

Patient/Parent Signature

RN/MD Signature

Doctor Phone Number

Date