

MY ASTHMA ACTION PLAN

The most common trigger in children is COLDS. You should avoid cigarette smoke and may need to avoid dust, mold, cats, dogs, or cold air.

Comments: _____

Space for child identification

Date

Reviewed by

Physician's Signature

Peak
Flow
↓

100%
(Personal Best)

GREEN ZONE: Doing well

- Breathing is good
- Cough or wheeze is only occasional (less than 4 times a week)
- Can run and play normally



☐ Contoller

Medication(s): ☐

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☐ Quick Relief

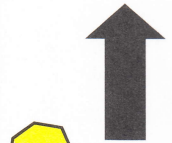
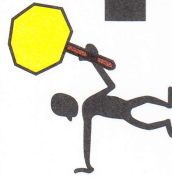
Medication(s): ☐ Before exercise:

_____, _____ puff(s), _____ time(s) a day
_____, _____ puff(s), _____ time(s) a day
_____, _____ dose, _____ time(s) a day
_____, _____ puff(s), less than 4 times a week
_____, _____ puff(s)

80%

YELLOW ZONE: Caution

- Signs of a cold
- Cough or wheezing
- Tight chest
- Waking up at night because of asthma



☐ Continue with **GREEN ZONE** medications.

☐ Increase _____ to _____ puff(s), _____ times a day, for _____ day(s)

(controller)

☐ Take _____

(quick relief)

☐ Other: _____

_____, _____ puff(s) every 4-6 hours until better

70%

RED ZONE: Medical Alert

- Very short of breath
- "Pulling in" of skin between ribs
- Cannot do usual activities
- Quick relief medication not helping or helping for less than 4 hours



Take _____, _____ puff(s) every 4 hours (quick relief)

Seek medical attention **NOW** and follow **EMERGENCY**

plan if:

- You are still in red zone after 15 minutes OR
- You have not reached your doctor



50%

EMERGENCY:

- Severe trouble breathing, walking, or talking
- Blueness of lips or skin
- Tired because of the effort of breathing



GO TO THE NEAREST EMERGENCY DEPARTMENT NOW

Take your quick relief medication as necessary (even every 10-20 minutes if you are not improving) on your way to the hospital.

In Ottawa, you can call **911** in case of emergency.

