My asthma action plan



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Patient name:DOB:		Dedicated to All Bette	
Doctor's name:		Signature:	
Doctor's phone #:		Date:	-
Controller medicines	How much to take	How often	Other instructions
		times per day EVERY DAY	Gargle or rinse mouth after use
		times per day EVERY DAY	
		times per day EVERY DAY	
Quick-relief medicines	How much to take	How often	Other instructions
	□ 2 puffs □ 4-6 puffs □ 1 nebulizer treatment	Take ONLY as needed (see below — starting in Yellow Zone or before excercise)	NOTE: If you need this medicine more than 2 days a week, call your doctor.
Asthma triggers (check all tha Exercise Change in t Pollens Respiratory	emperature 🛛 Molds	□ Animals □ Strong □ Strong emotions	odors or fumes 🗳 Smoke 🖵 Food/Other
Special ins	structions when I am	Doing well 😑 Be ca	reful 🛛 🛑 Ask for help
 Doing well. No coughing, wheezing, chest tightness, shortness of breath during the day or night Can go to school and play 		 PREVENT asthma symptoms every day: Take my controller medicines (above) every day Before exercise, take puff(s) of Avoid triggers that make my asthma worse (See above) 	
Be careful. • Coughing, wheezing, che tightness, shortness of br • Waking at night due to asthma symptoms • Can do some, but not all, usual activities • Runny nose, watery eyes	eath	 Take quick relief within one h Continue us needed. Ca Increase 	inue taking my controller medicines every day. puffs or nebulizer treatment(s) of medicine. If I am not back in the Green Zone nour, then I should: sing quick relief medicine every 4 hours as III provider if not improving in days.
 Ask for help. Very short of breath Continual coughing Skin between ribs is pullin Difficulty speaking withou out of breath Quick-relief medicines had not helped Symptoms same or worse hours in Yellow Zone 	it running	Take quick- minutes and Take	ERT! Get help! relief medicine: puffs every d get help immediately.

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