



# Child Asthma Plan


0 - 5 year olds

Name	Date of Birth	Effective Date
Doctor	Parent/Guardian	
Doctor's Office Phone Number: Day	Parent's Phone	
Emergency Contact After Parent	Contact Phone	
Student is able to self medicate <input type="checkbox"/> Yes <input type="checkbox"/> No    Parent/Guardian Signature: _____		

Controller Medicines (Use Everyday to Stay Healthy)	How Much to Take	How Often	Other Instructions (such as spacers/masks, nebulizers)
		_____ times per day EVERYDAY!	
		_____ times per day EVERYDAY!	
		_____ times per day EVERYDAY!	
		_____ times per day EVERYDAY!	
Quick-Relief Medicines	How Much to Take	How Often	Other Instructions
<b>Albuterol or Xopenex</b>	<b>2 puffs by inhaler or 1 vial by nebulizer</b>	Give ONLY as needed for symptoms	NOTE: If this medicine is needed often ( <u>  3  </u> times per week), call physician.

**GREEN ZONE**

Child is well and has no asthma symptoms, even during active play.



PREVENT asthma symptoms everyday:

- Give the above controller medicines everyday.
- Avoid things that make the child's asthma worse:
  - Avoid tobacco smoke; ask people to smoke outside.
  - \_\_\_\_\_
  - \_\_\_\_\_

**YELLOW ZONE**

Child is not well and has asthma symptoms that may include:

- Coughing
- Wheezing
- Runny nose or other cold symptoms
- Breathing harder, faster or slower
- Awakening due to coughing or difficulty breathing
- Playing less than usual
- \_\_\_\_\_
- \_\_\_\_\_

Other symptoms that could indicate that your child is having trouble breathing may include: difficulty feeding (grunting sounds, poor sucking), changes in sleep patterns, cranky and tired, decreased appetite.

CAUTION. Take action by continuing to give regular everyday asthma medicines AND:

Give **Albuterol or Xopenex 2 puffs by inhaler w/spacer or 1 vial by nebulizer**

\_\_\_\_\_ (include dose and frequency)

If the child is not in the Green Zone and still has symptoms after one hour, then:

Give **Albuterol or Xopenex 2 puffs by inhaler w/spacer or 1 vial by nebulizer**

\_\_\_\_\_ (include dose and frequency)

\_\_\_\_\_ (include dose and frequency)

Call \_\_\_\_\_

**RED ZONE**

Child feels awful! Warning signs may include:

- Child's wheeze, cough or difficulty breathing continues or worsens, even after giving yellow zone medicines.
- Child's breathing is so hard that he/she is having trouble walking, talking, eating or playing.
- Breathing faster, slower or harder.
- Child is drowsy or less alert than normal.

MEDICAL ALERT! Get help!

Take the child to the hospital or call 911 immediately!

Give **Albuterol or Xopenex 2 puffs by inhaler w/spacer or 1 vial by nebulizer**

\_\_\_\_\_ (include dose and frequency)

Give \_\_\_\_\_ (include dose and frequency)

\_\_\_\_\_ (include dose and frequency)

**Call 911 if:**

- The child's skin is sucked in around the neck and ribs; or
- Lips and / or fingernails are grey or blue; or
- Child doesn't respond to you.

Doctor's Signature/Stamp

ORIGINAL (Patient) / CANARY (Child Care / School / Other Support Systems) / PINK (Chart)

Adapted from the original design by the Pediatric Asthma Coalition of New Jersey