

Student Asthma Action Plan



Name: _____ Birth Date: _____

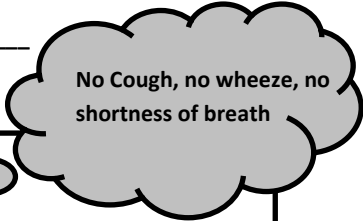
Parent/Guardian (print): _____ Phone #: _____

Signature: _____

Doctor (print): _____ Phone #: _____

Signature: _____

My Triggers: _____ My Best Peak Flow : _____



GREEN ZONE

Peak Flow: _____ (80% of my best peak flow)



—> My Controller Medicine.....I take these daily

Medication	Dose	Frequency

—> 5 minutes before exercise I take: _____

YELLOW ZONE

Peak Flow: _____ (50-79% of my best peak flow)



-I am coughing, wheezing and/or short of breath
 -I can perform some but not all of my daily activities

1st:

-Add quick relief medicine and keep taking your Green Zone Medicine

 (Quick Relief Med)

2nd:

Did your symptoms improve and your peak flow return to the Green Zone within 1 hour?

YES— continue monitoring

NO, take these medications:

Medication: _____

Medication: _____

flow)

Call Doctor before/within _____ hours of taking medication

-I am VERY SHORT OF BREATH
 -My quick relief MEDS ARE NOT HELPFUL
 -I cannot do usual activities

RED ZONE

Peak Flow: _____ (50% of my best peak flow)



—> Take this medication:

—>Call your doctor NOW

—>if still in Red Zone after 15 minutes AND have not reached your doctor then, **GO TO HOSPITAL OR CALL 911**