



# Asthma Action Plan

|                            |                   |
|----------------------------|-------------------|
| Patient Name:              | Date:             |
| DOB:                       | Medical Record #: |
| Regular Pediatrician:      | PCP Phone #:      |
| Provider at time of visit: |                   |


## QUICK GUIDE



**GO ZONE**  
Use preventative medicine.



**CAUTION ZONE**  
Add quick-relief medicine.




**DANGER ZONE**  
Get help from a doctor.

## GO ZONE

Take these preventative medications every day, even when you feel well.

**You have ALL of these:**

- Breathe comfortably
- No cough during sleep
- No cough when running/playing



| MEDICINE                        | HOW MUCH | HOW OFTEN/WHEN |
|---------------------------------|----------|----------------|
|                                 |          |                |
|                                 |          |                |
|                                 |          |                |
| For asthma with exercise, take: |          |                |
|                                 |          |                |

\*Always use a spacer with inhalers as directed. Rinse mouth or brush teeth and spit after use.

## CAUTION ZONE


Continue with every day medications and add:

**Watch breathing carefully when:**

- First signs of a cold
- Exposure to known trigger

**Use rescue medicine if ANY:**

- Tight, persistent cough
- Wheezing
- Shortness of breath or tight chest
- Waking from sleep due to cough
- Eating, playing, or talking is limited due to breathing/cough



| MEDICINE | HOW MUCH | HOW OFTEN/WHEN |
|----------|----------|----------------|
|          |          |                |
|          |          |                |
|          |          |                |


Continue using quick relief medicine every 4 hours as needed.  
Call provider if not improving in 1-2 days.

## DANGER ZONE

Take these rescue medications and get medical help immediately!

**Your asthma is getting worse fast:**

- Nostrils flare
- Ribs show when breathing
- Belly pushes air when breathing



| MEDICINE | HOW MUCH | HOW OFTEN/WHEN |
|----------|----------|----------------|
|          |          |                |
|          |          |                |
|          |          |                |

**GET HELP FROM A DOCTOR NOW!** If you cannot make an appointment to be seen by your doctor, go directly to the emergency room. DO NOT WAIT.

**Notes:**

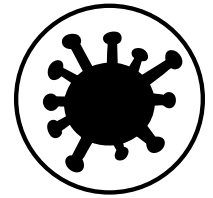
# Controlling Asthma Triggers

Asthma episodes or flares can come and go. They are often triggered by something in the environment the lungs come in contact with. Symptoms may be hidden at first, or can happen right away. It's important to learn what triggers your child's asthma. Here are several common asthma triggers and ways they can be controlled.

## INFECTIONS

*Colds or upper respiratory infections, ear infections, sinus infections, flu, RSV (respiratory syncytial virus)*

- Get regular exercise and sleep
- Avoid contact with those who are sick
- Wash hands frequently
- Get an annual flu shot



## SMOKE

*Tobacco and marijuana smoke, e-cigarettes and vapor cigarettes, secondhand smoke, and wood smoke from a fireplace, camp fire, or barbecue*

- Do not smoke or allow smoking in the home or car
- Avoid secondhand smoke
- If a family member smokes, have them smoke outside



## WEATHER AND AIR POLLUTION

*Cold air, weather changes, car exhaust, and air pollution*

- If cold air is a trigger, breathe through your nose or cover up with a scarf
- Stay indoors with the windows closed on bad pollution days



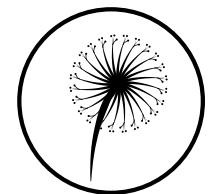
## EXERCISE

- Warm up before exercising
- Exercise indoors if pollen or pollution is bad
- Take medication before exercising if directed by your doctor

## POLLEN AND OUTDOOR MOLDS

*Pollen, grass, trees, weeds, and mold*

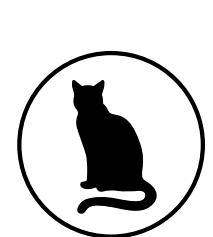
- Stay indoors and close windows when pollen and mold counts are high
- Avoid fans; use air conditioners



## ANIMALS

*Cat, dog, hamster, bird, or other furry or feathered warm-blooded animals*

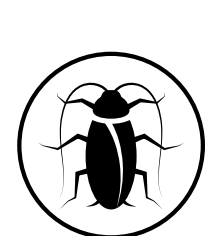
- Consider not having pets; avoid pets with fur or feathers
- Keep pets out of the bedroom
- Wash hands after petting animals



## DUST

*Household dust mites*

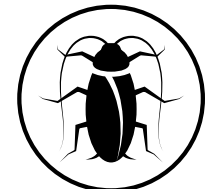
- Vacuum weekly with a high efficiency filter vacuum; vacuum when people with asthma aren't home
- Remove carpet if possible
- Clean floors weekly with a damp mop
- Wash bedding and stuffed toys in hot water every 1-2 weeks; freeze stuffed toys unable to be washed for 24 hours
- Protect mattresses and pillow with dust-mite proof zippered covers
- Replace heating and cooling system filters regularly



## MOLD

*Household mold*

- Use exhaust fans or open windows when showering or cooking
- Remove mold from hard surfaces by scrubbing with detergent and hot water and rinse clean with water; replace moldy absorbent materials
- Clean when people with asthma aren't in the room
- Fix leaks and other sources of water or moisture



## PESTS

*Cockroaches*

- Put away all food and garbage; store food in airtight containers
- Use traps and poison baits instead of sprays/bombs; keep all bait away from children
- Remove cockroach bodies and fill any gaps or holes in the home with caulk
- Fix leaks and other sources of water or moisture



## ODORS/SPRAYS

*Household products (extra strength cleaners, ammonia, bleach, paint, furniture polish, air fresheners, scented laundry detergent), aerosol products, and perfumes*

- Avoid strongly scented personal care products, scented or extra strength cleaning products, and aerosol products
- Clean when people with asthma aren't in the room

## OTHER

*Heartburn or gastroesophageal reflux disease (GERD) and strong emotions (laughing, crying, yelling, fear, stress)*