

**FIGURE 3–10b. SAMPLE ASTHMA ACTION PLAN**

**Child Asthma Action Plan**  
0–5 years of age

Patient Name: \_\_\_\_\_

Medical Record #: \_\_\_\_\_


Health Care Provider's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Health Care Provider's Phone #: \_\_\_\_\_ Completed by: \_\_\_\_\_ Date: \_\_\_\_\_

Long-Term-Control Medicines (Use Every Day To Stay Healthy)	How Much To Take	How Often	Other Instructions (such as spacers/masks, nebulizers)
		_____ times per day <b>EVERY DAY!</b>	
		_____ times per day <b>EVERY DAY!</b>	
		_____ times per day <b>EVERY DAY!</b>	
		_____ times per day <b>EVERY DAY!</b>	
Quick-Relief Medicines	How Much To Take	How Often	Other Instructions
		Give <b>ONLY</b> as needed	NOTE: If this medicine is needed often ( _____ times per week), call physician.

**GREEN ZONE**

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



**PREVENT** asthma symptoms every day:

- Give the above long-term-control medicines every day.
- 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 or faster
- 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 asthma medicines every day AND:

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

If the child is not in the **Green Zone** and still has symptoms after 1 hour, then:

- Give more \_\_\_\_\_  
(include dose and frequency)
- \_\_\_\_\_  
(include dose and frequency)
- Call \_\_\_\_\_  
(include dose and frequency)

**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/playing.
- Child is drowsy or less alert than normal.

**MEDICAL ALERT! Get help!**

- Take the child to the hospital or call 9–1–1 immediately!
- Give more \_\_\_\_\_ until you get help. (include dose and frequency)
- Give \_\_\_\_\_ (include dose and frequency)

**Danger! Get help immediately!**

Call 9–1–1 if:

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