

Asthma Action Plan

Date: _____



The colors of a traffic light will help you use your asthma medicines.

Primary Doctor: _____ Phone: _____

Follow-up Appt.: _____ Date: _____ Time: _____

Green - Daily GO Zone!

You are well:

- Breathing is good
- No cough or wheeze
- Sleep thru the night
- Can run and play



If recommended, peak flow above _____

Use CONTROLLER medicine EVERY DAY No controllers indicated

		_____ times/day
		_____ times/day
		_____ times/day

Use SPACER with inhaler. For Asthma with exercise: take Albuterol 2 puffs 15 minutes BEFORE exercise IF NEEDED.
For Allergy symptoms IF NEEDED: take _____

Yellow - Sick CAUTION!

You have an asthma flare-up:

- First sign of a cold
- Exposure to trigger
- Cough
- Mild wheeze
- Tight chest
- Coughing at night



If recommended, peak flow from _____ to _____

Continue CONTROLLER & ADD QUICK RELIEVER medicine, use 2-4 x/day with asthma flare-up, cold symptoms

Albuterol (ProAir, Proventil, Ventolin) or Xopenex	2 puffs	Every 4 hours as needed
Albuterol or Xopenex nebulizer	Unit dose	Every 4 hours as needed

If Albuterol or Xopenex is needed more than every 4 hours CALL YOUR DOCTOR to BEGIN ORAL STEROIDS:

Orapred or Prednisone _____ for 3-5 days

If not well, CALL DOCTOR

Red - DANGER!

Your asthma is bad:

- QUICK RELIEVER not helping within 15-20 minutes
- Breathing is hard and fast
- Nose opens wide
- Chest/ribs suck in
- Trouble talking and walking



If recommended, peak flow < _____

Take these medicines and CALL your Doctor

–REPEAT Albuterol (ProAir, Proventil, Ventolin) or Xopenex inhaler 2 puffs every 5 minutes x 3

or

–REPEAT Albuterol or Xopenex nebulizer back to back x 1

–Call Doctor or 911-Rescue or GO to ER

SCHOOL MEDICATION CONSENT AND PROVIDER ORDER FOR CHILDREN/YOUTH:

Student Name: _____ Date of Birth: _____

Health condition requiring medication: Asthma Possible side effects: tremor, palpitations, nervousness

Possession of inhaler

Florida statute 1002.20 states an asthmatic student may carry a prescribed metered dose inhaler on his/her person while in school with approval from their parents and physician. I give my approval for the above named child to carry a metered dose inhaler on their person while in school and self-administer the medication from the metered dose inhaler.

Parent/Guardian Signature _____ Date _____ Time _____ Physician Signature _____ Date _____ Time _____

Administration of medication by district school personnel

I request that the principal or principal's designee assist in the administration of the asthma medications in this asthma action plan for the above named student.

Parent/Guardian Signature _____ Date _____ Time _____ Physician Signature _____ Date _____ Time _____

I understand that under provisions of Florida Statute 1006.062, there shall be no liability for civil damages as a result of the administration of the medication when the person administering the medication acts as an ordinarily reasonably prudent person would have acted under the same or similar circumstances.

Parent/Guardian Signature _____ Date _____ Time _____

Patient/Guardian has verbalized understanding of above instructions and copy given _____ Nurse Signature _____ Date _____ Time _____



ASTHMA ACTION PLAN

PATIENT LABEL



How To Control Things That Make Your Asthma Worse

This guide suggests things you can do to avoid your asthma triggers. Put a check next to the triggers that you know make your asthma worse and ask your doctor to help you find out if you have other triggers as well. Then decide with your doctor what steps you will take.

Colds and viruses may trigger an asthma attack

Allergens

Animal Dander



Some people are allergic to the flakes of skin or dried saliva from animals with fur or feathers.

The best thing to do:

- Keep furred or feathered pets out of your home.

If you can't keep the pet outdoors, then:

- Keep the pet out of your bedroom and other sleeping areas at all times, and keep the door closed.
- Remove carpets and furniture covered with cloth from your home.

If that is not possible, keep the pet away from fabric-covered furniture and carpets.



Dust Mites

Many people with asthma are allergic to dust mites. Dust mites are tiny bugs that are found in every home – in mattresses, pillows, carpets, upholstered furniture, bedcovers, clothes, stuffed toys, and fabric or other fabric-covered items.

Things that can help:

- Encase your mattress in a special dust-proof cover.
- Encase your pillow in a special dust-proof cover or wash the pillow each week in hot water. Water must be hotter than 130° F to kill the mites. Cold or warm water used with detergent and bleach can also be effective.
- Wash the sheets and blankets on your bed each week in hot water.
- Reduce indoor humidity to below 60 percent (ideally between 30–50 percent). Dehumidifiers or central air conditioners can do this.
- Try not to sleep or lie on cloth-covered cushions.
- Remove carpets from your bedroom and those laid on concrete, if you can.
- Keep stuffed toys out of the bed or wash the toys weekly in hot water or cooler water with detergent and bleach.



Cockroaches

Many people with asthma are allergic to the dried droppings and remains of cockroaches.

The best thing to do:

- Keep food and garbage in closed containers. Never leave food out.
- Use poison baits, powders, gels, or paste (for example, boric acid). You can also use traps.
- If a spray is used to kill roaches, stay out of the room until the odor goes away.



Indoor Mold

- Fix leaky faucets, pipes, or other sources of water that have mold around them.
- Clean moldy surfaces with a cleaner that has bleach in it.



Pollen and Outdoor Mold

What to do during your allergy season (when pollen or mold spore counts are high):

- Try to keep your windows closed.
- Stay indoors with windows closed from late morning to afternoon, if you can. Pollen and some mold spore counts are highest at that time.
- Ask your doctor whether you need to take or increase anti-inflammatory medicine before your allergy season starts.



Irritants

Tobacco Smoke

- If you smoke, ask your doctor for ways to help you quit. Ask family members to quit smoking, too.
- Do not allow smoking in your home or car.



Smoke, Strong Odors, and Sprays

- If possible, do not use a wood-burning stove, kerosene heater, or fireplace.
- Try to stay away from strong odors and sprays, such as perfume, talcum powder, hair spray, and paints.



Other things that bring on asthma symptoms in some people include:

Vacuum Cleaning

- Try to get someone else to vacuum for you once or twice a week, if you can. Stay out of rooms while they are being vacuumed and for a short while afterward.
- If you vacuum, use a dust mask (from a hardware store), a double-layered or microfilter vacuum cleaner bag, or a vacuum cleaner with a HEPA filter.



Other Things That Can Make Asthma Worse

- Sulfites in foods and beverages: Do not drink beer or wine or eat dried fruit, processed potatoes, or shrimp if they cause asthma symptoms.
- Cold air: Cover your nose and mouth with a scarf on cold or windy days.
- Other medicines: Tell your doctor about all the medicines you take. Include cold medicines, aspirin, vitamins and other supplements, and nonselective beta-blockers (including those in eye drops).



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For More Information, go to: www.nhlbi.nih.gov

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