

Asthma Plan

This Plan expires after 6 months. In addition to the requirement to update or reauthorize the Plan at least every 6 months, the Plan must be updated whenever the child's condition, treatment plan and/or medication changes and/or whenever local licensing regulations require more frequent updates.

CHILD'S NAME	DATE OF BIRTH
HEALTHCARE PROVIDER'S NAME	HEALTH CARE PROVIDER'S PHONE NUMBER
COMPLETED BY	DATE

DAILY ASTHMA 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!	

GREEN ZONE

Child is well

and has no asthma symptoms, even during active play.

PREVENT asthma symptoms everyday:

- Give the above medicines everyday
- Avoid things that make the child's asthma worse:

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 **everyday** asthma medicines AND:

Give _____
(include dose and frequency)

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

Give more _____
(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 / playing.
- Child is drowsy or less alert than normal.

MEDICAL ALERT! Get help!

- 1. CALL 911**
- 2. CALL PARENTS**

Give more _____ until you get help. (include dose and frequency)

Give _____ (include dose and frequency)

Danger! Get help immediately!

Call 911 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.

Asthma Plan (continued)

PHYSICIAN'S DIRECTIVES TO EMTs

Transportation to the hospital should be provided under the following conditions. *Staff will not prevent EMTs from transporting a child that they believe requires emergency hospital care.*

_____	_____
_____	_____
_____	_____

PHYSICIAN'S SIGNATURE

PHYSICIAN'S PHONE NUMBER

DATE SIGNED