

Asthma Action Plan



GREEN ZONE: (Good to go!)

Your child is doing well
Playing, no wheezing, coughing,
or shortness of breath

What to do:

1. Give daily controller medications (daily medications)
2. Give Albuterol 2 puffs 5 - 60 minutes prior to exercise

PEAK FLOW ZONE:

Above _____

Personal Best

PEAK FLOW ZONE:

Above _____

To _____

PEAK FLOW ZONE:

Less than _____

YELLOW ZONE: (Caution!)

Your child may have: wheezing,
shortness of breath, chest pain,
coughing, waking up at night, cold like
symptoms and/or low peak flow
readings.

What to do:

1. Continue daily controller medications
2. Give ALBUTEROL nebulizer OR inhaler
 - 2 puffs 4 puffs wait 20 minutes and repeat
 - 2 puffs 4 puffs - wait another 20 minutes and give 2 puffs 4 puffs. This will be 3 doses within one hour. Proceed to step #3
3. If your child returns to the **GREEN ZONE:**
 - Continue to give the albuterol 2 puffs or 4 puffs every 4 hours for 1 to 2 more days
 - AND**
 - Increase the inhaled steroid to _____ puffs _____ for the next 7 days

IF your child remains in the **YELLOW ZONE:**

- Continue albuterol 2 puffs or 4 puffs or nebulizer every 4 hrs
- Continue the increase in the inhaled steroid
- ADD Prednisone _____ mg _____ OR Pelone/Prednisolone (15 mg/5 ml) _____ ml _____ for 5 days
- Call the Doctor at _____ as soon as you have started the _____



RED ZONE: (EMERGENCY!)

Your child may have: very low peak flow, loud wheezing, turning blue, severe retractions, severe coughing, fast breathing, shortness of breath, The child may not have wheezing but appears breathless.

What to do:

- Give Albuterol immediately and go to the nearest emergency room. For **SEVERE** distress or when in doubt **CALL 911!!!!!!**



Controller Medications
Take these medicines everyday
NO matter What!!!
