

Child Asthma Plan

0 - 5 year olds

Patient Name: _____

Medical Record #: _____

Healthcare Provider's Name: _____


DOB: _____

Healthcare Provider's Phone #: _____ Completed by: _____ Date: _____

Controller 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!	
Quick-Relief Medicines	How Much to Take	How Often	Other Instructions
		Give ONLY 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 everyday:
- Give the above controller medicines everyday.
 - 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 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:
- 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!**
- Take the child to the hospital or call 911 immediately!
 - 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.