









ASTHMA ACTION PLAN FOR CHILDREN 5-15 YEARS

HOW CAN AN ASTHMA ACTION PLAN HELP?

An asthma action plan is a set of instructions from your doctor or nurse practitioner. It explains how to manage asthma each day, when to change or add medications based on symptoms (cough, wheeze, chest tightness and/or shortness of breath) and when to seek emergency medical help. Research shows that following an asthma action plan can reduce flare-ups and emergency room visits.

WHY DOES AN ASTHMA ACTION PLAN HAVE 3 DIFFERENT COLOURS?

An action plan has 3 different colours, to show the **GREEN**, **YELLOW** and the **RED** Zones. Each zone shows the level of asthma control and what actions should be taken based on symptoms.

		
<p>The GREEN zone means asthma is well-controlled because:</p> <ul style="list-style-type: none">• I do not have asthma symptoms more than twice a week• I do not need reliever medication more than twice a week• I am able to run, play, and keep up with friends• I do not have asthma symptoms at night time• I have not missed any school or activities due to asthma 	<p>The YELLOW Zone means asthma is NOT well-controlled because one or more of these statements apply:</p> <ul style="list-style-type: none">• I have asthma symptoms more than twice a week• I need reliever medication more than twice a week• I am not able to run, play, or keep up with friends• I have night time symptoms more than once a week• I have missed school or regular activities due to asthma• I have a cold or virus 	<p>The RED Zone means an asthma emergency because one or more of these statements apply:</p> <ul style="list-style-type: none">• My reliever medications only helps for 2-3 hours or less• I am very short of breath, coughing all the time, wheezing, or have ongoing chest tightness• I have a hard time speaking• I have blue lips or nail beds• I am pale, grey in colour, and sweating• I have flared nostrils• I have sunken skin by neck and ribs• I feel really tired 

WHAT DO I DO IF I AM USUALLY NOT IN THE GREEN ZONE?

Speak to a doctor or nurse practitioner about different **CONTROLLER** medication options if asthma is not controlled or not in the Green Zone most of the time.

WHO SHOULD HAVE COPIES OF MY ASTHMA ACTION PLAN?




It is helpful for a parent/guardian, doctor/nurse practitioner, teacher and pharmacist to have a copy of the *Asthma Action Plan* as well. Keep the action plan in a place that is easy to see!

Download a free Asthma Action Plan and other lung health resources at LungSask.ca

ASTHMA ACTION PLAN FOR CHILDREN 5-15 YEARS

Take this plan to be reviewed at each doctor's or nurse practitioner's visit.

Name:	Date:	Age:
Doctor/Nurse Practitioner:	Phone:	
Emergency Contact:	Phone:	

<div style="text-align: center;">  <p>GREEN ZONE</p> <p>My Asthma is WELL-CONTROLLED</p> </div> <div style="text-align: center; margin-top: 20px;"> <p>I will use my CONTROLLER and RELIEVER as prescribed.</p> </div> <div style="margin-top: 20px;"> <p>CONTROLLER: Take daily to prevent asthma symptoms</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">Medication / Colour</th> <th style="width: 15%;">Dose</th> <th style="width: 15%;"># of Puffs</th> <th style="width: 15%;"># per Day</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> </div>	Medication / Colour	Dose	# of Puffs	# per Day																	<div style="text-align: center;">  <p>YELLOW ZONE</p> <p>My Asthma is NOT WELL-CONTROLLED</p> </div> <div style="text-align: center; margin-top: 20px;"> <p>I will CHANGE and/or ADD-ON medication as prescribed.</p> </div> <div style="margin-top: 20px;"> <p>INCREASE or ADD CONTROLLER</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">Medication / Colour</th> <th style="width: 15%;">Dose</th> <th style="width: 15%;"># of Puffs</th> <th style="width: 15%;"># per Day</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> </div>	Medication / Colour	Dose	# of Puffs	# per Day																	<div style="text-align: center;">  <p>RED ZONE</p> <p>I am having an Asthma EMERGENCY</p> </div> <div style="text-align: center; margin-top: 20px;"> <p>I will GO TO THE EMERGENCY DEPARTMENT or CALL 911 NOW!</p> </div> <div style="margin-top: 20px;"> <p>TAKE RELIEVER every 10 - 20 minutes</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 100%;">Medication</th> </tr> </thead> <tbody> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> </tbody> </table> </div>	Medication			
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This Children's Action Plan (5-15 years of age) was created with consultation from health providers, caregivers and people living with asthma.

This plan is non-commercial and publicly available for free download.