# Asthma Action Plan

The colors of the traffic light will help you use your asthma medicines.
- **Green** means Go Zone! Use preventive medicine.
- **Yellow** means Caution Zone! Add prescribed yellow zone medicine.
- **Red** means Danger Zone! Get help from a doctor.

### Pay Attention to Symptoms.
- Check all items that trigger your asthma and things that could make your asthma worse:
  - Chalk Dust
  - Cigarette smoke & second hand smoke
  - Colds/Flu
  - Dust, mites, dust, stuffed animals, carpet
  - Exercise
  - Mold
  - Ozone alert days
  - Pests - rodents & cockroaches
  - Pets - animal dander
  - Plants, flowers, cut grass, pollen
  - Strong odors, perfumes, cleaning products, scented products
  - Sudden temperature change
  - Wood smoke
  - Foods:
  - Other:

### Use these medicines every day

<table>
<thead>
<tr>
<th>MEDICINE/DOGSAGE</th>
<th>HOW MUCH TO TAKE</th>
<th>WHEN TO TAKE IT</th>
</tr>
</thead>
</table>

**COMMENTS:**

For asthma with exercise, take:

<table>
<thead>
<tr>
<th>MEDICINE/DOGSAGE</th>
<th>HOW MUCH TO TAKE</th>
<th>WHEN TO TAKE IT</th>
</tr>
</thead>
</table>

**COMMENTS:**

**IF QUICK RELIEVER/YELLOW ZONE MEDICINE IS NEEDED MORE THAN 2-3 TIMES A WEEK THEN CALL YOUR DOCTOR.**

### Take these medicines and call your doctor

<table>
<thead>
<tr>
<th>MEDICINE/DOGSAGE</th>
<th>HOW MUCH TO TAKE</th>
<th>WHEN TO TAKE IT</th>
</tr>
</thead>
</table>

**COMMENTS:**

### Get help from a doctor now! It’s important!

Asthma is a potentially life threatening illness. If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT.** Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

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- Name
- Date of Birth
- Effective Date
- Doctor
- Parent/Guardian
- Doctor's Office Phone Number
- Parent's Phone
- Emergency Contact after Parent
- Contact Phone

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**Asthma Action Plan**

- **GO (Green)**
  - You have all of these:
    - Breathing is good
    - No cough or wheeze
    - Sleep through the night
    - Can work and play

- **CAUTION (Yellow)**
  - You have any of these:
    - First sign of cold
    - Exposure to known trigger
    - Cough
    - Mild wheeze
    - Tight chest
    - Coughing at night

- **DANGER (Red)**
  - Your asthma is getting worse fast:
    - Medicine is not helping
    - Breathing is hard and fast
    - Nose opens wide
    - Ribs show
    - Lips blue
    - Fingernails blue
    - Trouble walking and talking

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- **Press Firmly**
- www.idph.state.ia.us

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- **This student is capable and has been instructed in the proper method of self-administering the medications named above** (or attached prescription).
- **This student is not approved to self-medicate.**
- **Check asthma severity:**
  - Mild Intermittent
  - Mild Persistent
  - Moderate Persistent
  - Severe Persistent

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**PHYSICIAN SIGNATURE**

**PHYSICIAN STAMP**

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**WHITE - School/Child Care Copy**

**Pink - Family Copy**

**Yellow - Doctor Copy**

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Permission to Reproduce Blank Form