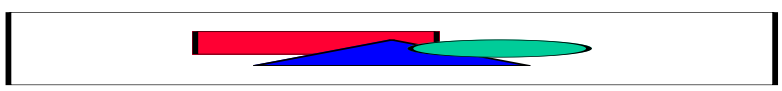


MY ASTHMA ACTION PLAN



Peak Flow
↓
[]

The most common trigger in children is *COLDS*. You should avoid cigarette smoke and may need to avoid dust, mold, cats, dogs, or cold air.

Comments: _____

Physician's Signature _____ Date _____ Reviewed by _____ Date _____

Space for child identification

100%
(Personal Best)

GREEN ZONE: Doing well

- Breathing is good
- Cough or wheeze is only occasional (less than 4 times a week)
- Can run and play normally

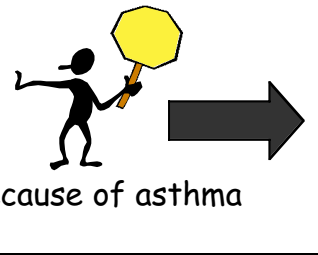


Controller _____, ___ puff(s), ____ time(s) a day
 Medication(s): _____, ___ puff(s), ____ time(s) a day
 _____, ____ dose, ____ time(s) a day
 Quick Relief _____, ___ puff(s), less than 4 times a week
 Medication(s): Before exercise: _____, ___ puff(s)

80%

YELLOW ZONE: Caution

- Signs of a cold
- Cough or wheezing
- Tight chest
- Waking up at night because of asthma



Continue with **GREEN ZONE** medications.
 Increase _____ to ___ puff(s), ____ times a day, for ____ day(s)
(controller)
 Take _____, ___ puff(s) every 4-6 hours until better
(quick relief)
 Other: _____

70%

RED ZONE: Medical Alert

- Very short of breath
- "Pulling in" of skin between ribs
- Cannot do usual activities
- Quick relief medication not helping or helping for less than 4 hours



Take _____, ___ puff(s) every 4 hours
(quick relief)
 Seek medical attention **NOW** and follow **EMERGENCY** plan if:

- You are still in red zone after 15 minutes OR
- You have not reached your doctor



50%

EMERGENCY:

- Severe trouble breathing, walking, or talking
- Blueness of lips or skin
- Tired because of the effort of breathing



GO TO THE NEAREST EMERGENCY DEPARTMENT NOW

Take your quick relief medication as necessary (even every 10-20 minutes if you are not improving) on your way to the hospital.

In Ottawa, you can call **911** in case of emergency.

