**MY ASTHMA ACTION PLAN**

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:**

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<tr>
<th>Physician's Signature</th>
<th>Date</th>
<th>Reviewed by</th>
<th>Date</th>
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**GREEN ZONE: Doing well**
- Breathing is good
- Cough or wheezing is only occasional (less than 4 times a week)
- Can run and play normally

**100% (Personal Best)**

- **Controller:** 
  - Medication(s): 
  - Quick Relief: 
  - Other: 

**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)
- **Take** , ___ puff(s) every 4-6 hours until better
- **Other:**

**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
- 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

**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.