



# My Asthma Action Plan

## for Home and Childcare



Date Completed: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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Name: \_\_\_\_\_ Childcare: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Severity Classification:  Intermittent  Mild Persistent  Moderate Persistent  Severe Persistent

Asthma Triggers (list): \_\_\_\_\_

Vaccinations updated \_\_\_\_\_ (date)



### Green Zone: Doing Well

**Symptoms:** Breathing is good – No cough or wheeze – Playing, eating well – Sleeping well

Control Medicine(s)	Medicine	How much to take	When and how often to take it	Take at
Quick Relief Medicine(s)	_____	_____	_____	<input type="checkbox"/> Home <input type="checkbox"/> Childcare
SMART/ MART	<input type="checkbox"/> formoterol _____ puff(s) twice daily with spacer (max dose 12 or 8 for children 4-11 yrs)			<input type="checkbox"/> Home <input type="checkbox"/> Childcare
Physical Activity	<input type="checkbox"/> Quick-Relief			



### Yellow Zone: Caution

**Symptoms:** Some problems breathing – Cough or wheeze – Breathing faster – Less active, fussy – Trouble feeding

Quick-relief Medicine(s)	<input type="checkbox"/> _____ puffs, _____ frequency
Control Medicine(s)	<input type="checkbox"/> Continue Green Zone medicines OR <input type="checkbox"/> Nebulizer (use once)
SMART/ MART	<input type="checkbox"/> formoterol _____ puff(s) twice daily with spacer (max dose 12 or 8 for children 4-11 yrs)
AIR	<input type="checkbox"/> Add _____ puffs, every _____ minutes

You should feel better within 20–60 minutes of the quick-relief treatment. If you are getting worse or are in the Yellow Zone for more than 24 hours, THEN follow the instructions in the RED ZONE and call the doctor right away!



### Red Zone: Get Help Now!

**Symptoms:** Lots of problem breathing – Struggling to breathe – Chest or belly pulling in- Nostrils flaring- Grunting – Pale, gray, or bluish lips/skin

Take Quick-relief Medicine NOW!  \_\_\_\_\_ puffs, \_\_\_\_\_ (how frequently)

Call 911 immediately if the following danger signs are present: • Severe trouble breathing (very fast breathing, struggling, can't feed or cry)  
• Blue/gray/pale lips or fingernails  
• Still in the Red Zone after 15 minutes

**Childcare Staff:** Follow the Yellow and Red Zone instructions for the quick-relief medicines according to asthma symptoms.

The only control medicines to be administered in the school are those listed in the Green Zone with a check mark next to "Take to Childcare".

#### Healthcare Provider

Name \_\_\_\_\_ Date \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_ - \_\_\_\_ Signature \_\_\_\_\_

#### Parent/Guardian

I give permission for the medicines listed in the action plan to be administered in the childcare by designated trained staff.  
 I give permission for the healthcare provider who prescribes asthma medicine to communicate about asthma care and medication use.

Name \_\_\_\_\_ Date \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_ - \_\_\_\_ Signature \_\_\_\_\_

#### Childcare Staff – Medication Storage and Handling

All asthma medications must be stored in their original containers with the pharmacy or provider label and directions intact. Medications must be stored so they are inaccessible to children and the public and handled according to the instructions in this Asthma Action Plan.  
 This action plan must be kept in the child's file and implemented by childcare staff as written.

Name \_\_\_\_\_ Date \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_ - \_\_\_\_ Signature \_\_\_\_\_

Please provide a signed copy to the parent, childcare, and healthcare provider.

1-800-LUNGUSA | Lung.org

## How to Use a Metered-Dose Inhaler with a Valved Holding Chamber (Spacer) and Mask

**Prime a brand-new inhaler:** Before using it for the first time, if you have not used it for more than 7 days, or if it has been dropped.



1. Shake inhaler 10 seconds.



2. Take the cap off the inhaler. Make sure the mouthpiece and valved holding chamber are clean and there is nothing inside the mouthpiece.



3. Put inhaler mouthpiece into the open end of the chamber/spacer. Put mask onto the chamber if it is not already attached.



4. Place the mask over the individual's nose and mouth making a tight seal.



5. Press down on the inhaler once.



6. Hold mask on individual's face, while they take 6 regular breaths.

If you need another puff of medicine, wait 1 minute and repeat steps 4-6.



7. Rinse with water and spit it out. Wipe face with damp cloth.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://Lung.org).

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You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung HelpLine at **1-800-LUNGUSA**.