

Name: _____

DOB: _____

asthma

ACTION PLAN



If student is:

- breathing easily
- not coughing or wheezing
- not short of breath
- able to work and play easily

Avoid these asthma triggers:

Take a QUICK RELIEF Medicine:

 5 minutes prior to exercise or unavoidable trigger exposure.



If student is:

- coughing
- wheezing
- short of breath
- having difficulty breathing during activity
- feeling chest tightness

Take your QUICK RELIEF Medicine:

- rest in a comfortable position, but not lying down.
- relax and take slow deep breaths.

Monitor Symptoms

- If symptoms RESOLVE within 15 minutes, student may return to class.
- If symptoms PERSIST or return within a few hours, follow red zone directions and contact parent.



If:

- medicine is not helping
- breathing is very difficult
- breathing difficulty limits mild activity
- speaking makes you short of breath

Take QUICK RELIEF Medicine:

- _____

If red zone symptoms persist, **call 911.**

- If symptoms do not improve, repeat previous _____ dose and watch student closely until ambulance arrives

DO NOT try and treat severe symptoms yourself.

This is a general guide only; some individual's asthma worsens quickly. **When in doubt, call 911.**

Parent's Signature _____ Date _____

Physician's Signature _____ Date _____

School Nurse's Signature _____ Date _____

Teacher's Signature _____ Date _____