	Name	
Deter		
Date:	Date of Bir	th
Doctor's name	MRN#	
Doctor's phone number (weekday) Phone n	umber (after hours)	AR#
A serial	7,600411,711	PATIENT IDENTIFICATION
Appointment date and time or follow-up time frame  Bring Asthma Action Plan and all medicines to all	Doctor's appointments.	
Begin Asthma Action Plan:		
Asthma triggers:   Exercise   Cold/illness	☐ Allergies (pollen, dust, mold, food, animals	,
	ges Air pollution Odors (pertume, clea	ning products)
	Green Zone	
Good breathing     No coughing or wh	eezing • Able to sleep through the night	Can go to school, work or play
Controller Medicine	How much to take / How to take it	How often to take it
(Green Zone)		
<u>o</u>		
N		
00		
<b>©</b>		
Before exercising, take:		·
Call your doctor if rescue medicine is needed more than two times a week (other than before exercise).		
Step 1	Asthma Action Plan	
• Runny nose • Sore throat	Yellow Zone • Mild chest tightness • Alert a	nd active • Skin color pink
Watery eyes     Breathing rate - normal or getting factors	aster • Mild cough or wheeze • Mild br	eathing problems • Shortness of breath
Rescue Medicine	How much to take / How to take it	
A rescue Medicine	How much to take / How to take it	How often to take it
<u>*</u>	now much to take / now to take it	How often to take it
<u>*</u>	now much to take / now to take it	How often to take it
Cautic Yellow Z	now inucir to take / now to take it	How often to take it
Cautic Yellow Z	HOW INUCH to take / HOW to take it	How often to take it
Caution Yellow Zone)	now inucir to take / now to take it	How often to take it
Cautic Yellow Z		How often to take it
Yellow Zone) Step 2 Symptoms better	SYMI	PTOMS WORSE
Caution Step 2	SYMI	<b>1</b>
Step 2  Symptoms better  Continue rescue medicine for 24 hours	SYMI  Call yo  Begin oral st	PTOMS WORSE ur doctor now
Step 2  Symptoms better  • Continue rescue medicine for 24 hours • Continue with Green Zone medicines	Call yo Begin oral st	PTOMS WORSE  ur doctor now deroids if prescribed
Step 2  Symptoms better  • Continue rescue medicine for 24 hours • Continue with Green Zone medicines  • Breathing rate - fast • Not as alert or active • Severe chest tigh	Call yo Begin oral st  Red Zone - Poor Response  • Trouble talking • Waking up at night	PTOMS WORSE ur doctor now
Step 2  Symptoms better  Continue rescue medicine for 24 hours Continue with Green Zone medicines  Breathing rate - fast Not as alert or active Severe breathing problems  Step 2  Symptoms better  Symptoms better  Skin color pale Severe chest tigh Continual cough	Red Zone - Poor Response  • Trouble talking • Waking up at night • Hunched shoulders	PTOMS WORSE  ur doctor now eroids if prescribed  • Skin between ribs pulling in • Bad wheezing
Step 2  Symptoms better  Continue rescue medicine for 24 hours Continue with Green Zone medicines  Breathing rate - fast Not as alert or active Severe breathing problems  Rescue Medicine	Call yo Begin oral st  Red Zone - Poor Response  • Trouble talking • Waking up at night	PTOMS WORSE  ur doctor now eroids if prescribed  • Skin between ribs pulling in
Step 2  Symptoms better  Continue rescue medicine for 24 hours Continue with Green Zone medicines  Breathing rate - fast Not as alert or active Severe breathing problems  Rescue Medicine  Rescue Medicine	Red Zone - Poor Response  • Trouble talking • Waking up at night • Hunched shoulders	• Skin between ribs pulling in • Bad wheezing  How often to take it
Step 2  Symptoms better  Continue rescue medicine for 24 hours Continue with Green Zone medicines  Breathing rate - fast Not as alert or active Severe breathing problems  Rescue Medicine  Rescue Medicine	Red Zone - Poor Response  • Trouble talking • Waking up at night • Hunched shoulders	PTOMS WORSE  ur doctor now eroids if prescribed  • Skin between ribs pulling in • Bad wheezing
Step 2  Symptoms better  Continue rescue medicine for 24 hours Continue with Green Zone medicines  Breathing rate - fast Not as alert or active Severe breathing problems  Rescue Medicine  Rescue Medicine	Call yo Begin oral st  Red Zone - Poor Response  • Trouble talking • Waking up at night • Hunched shoulders  How much to take / How to take it	• Skin between ribs pulling in • Bad wheezing  How often to take it  Every 20 minutes for 40 minutes
Step 2  Symptoms better  Continue rescue medicine for 24 hours Continue with Green Zone medicines  Breathing rate - fast Not as alert or active Severe breathing problems  Rescue Medicine  Rescue Medicine	Red Zone - Poor Response  • Trouble talking • Waking up at night • Hunched shoulders	• Skin between ribs pulling in • Bad wheezing  How often to take it  Every 20 minutes for 40 minutes
Step 2  Symptoms better  Continue rescue medicine for 24 hours Continue with Green Zone medicines  Breathing rate - fast Not as alert or active Severe breathing problems  Rescue Medicine  If skin,	Call yo Begin oral st  Red Zone - Poor Response  • Trouble talking • Waking up at night • Hunched shoulders  How much to take / How to take it	PTOMS WORSE  ur doctor now eroids if prescribed  • Skin between ribs pulling in • Bad wheezing  How often to take it  Every 20 minutes for 40 minutes  e:
Step 2  Symptoms better  Continue rescue medicine for 24 hours Continue with Green Zone medicines  Breathing rate - fast Not as alert or active Severe breathing problems  Rescue Medicine  If skin,	Call yo Begin oral so  Red Zone - Poor Response  • Trouble talking • Waking up at night • Hunched shoulders  How much to take / How to take it  fingernail or lip color blue at any time  r go to the nearest Emergen	• Skin between ribs pulling in • Bad wheezing  How often to take it  Every 20 minutes for 40 minutes  e:  cy Department

22510-07SR 9/12 Original - Patient Copy 1st Copy - Chart 2nd Copy - Duplicate Patient Copy