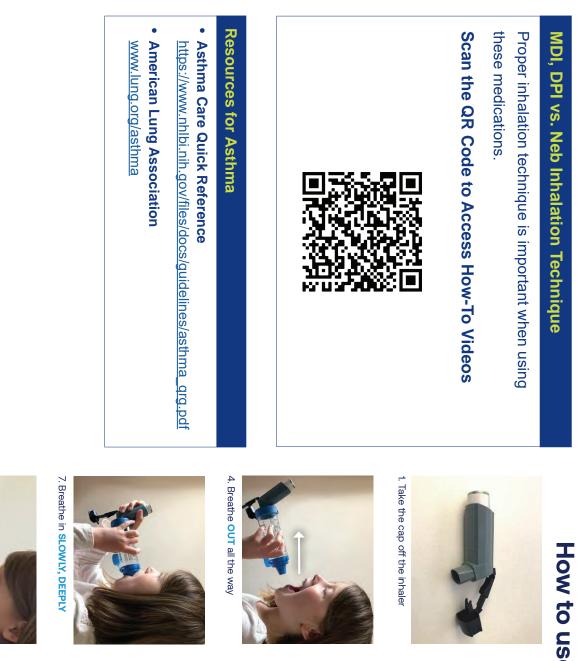
American Lung Association.

My Asthma Action Plan For Home and School

Name: DOB:/	/
Severity Classification:	-
Asthma Triggers (list):	
Peak Flow Meter Personal Best:	
Green Zone: Doing Well	
Symptoms: Breathing is good – No cough or wheeze – Can work and play – Sleeps well at night Peak Flow Meter (more than 80% of personal best)	
Flu Vaccine—Date received: Next flu vaccine due: COVID19 vaccine—Date received	l:
Control Medicine(s) Medicine How much to take When and how often to take it	
	Home School
Physical Activity Use Albuterol/Levalbuterol puffs, 15 minutes before activity with all activity when you	
Yellow Zone: Caution	
Symptoms: Some problems breathing – Cough, wheeze, or tight chest – Problems working or playing – Wake at night Peak Flow Meter to (between 50% and 79% of personal best)	
Quick-relief Medicine(s) 🗌 Albuterol/Levalbuterol puffs, every 20 minutes for up to 4 hours as needed	
Control Medicine(s)	
Add Change to	
You should feel better within 20-60 minutes of the quick-relief treatment. If you are getting worse or are in the Yellow than 24 hours, THEN follow the instructions in the RED ZONE and call the doctor right away!	Zone for more
than 24 hours, THEN follow the instructions in the RED 20NE and call the doctor right away:	
Red Zone: Get Help Now!	
Symptoms: Lots of problems breathing – Cannot work or play – Getting worse instead of better – Medicine is not helpin	r
Peak Flow Meter (less than 50% of personal best)	9
Take Quick-relief Medicine NOW! Albuterol/Levalbuterol puffs, (how frequently)	
Call 911 immediately if the following danger signs are present: Trouble walking/talking due to shortness of breath Lips or fingernails are blue 	
Still in the red zone after 15 minutes	
School 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 "Ta Both the Healthcare Provider and the Parent/Guardian feel that the child has demonstrated the skills to carry and self-adm	
quick-relief inhaler, including when to tell an adult if symptoms do not improve after taking the medicine.	
Healthcare Provider	
Name Date Phone () Signature	
 Parent/Guardian I give permission for the medicines listed in the action plan to be administered in school by the nurse or other school staff as appropriate. I consent to communication between the prescribing health care provider or clinic, the school nurse, the school medical advisor and school clinic providers necessary for asthma management and administration of this medicine. 	ol-based health
Name Signature	
School Nurse	
after taking the medicine.	lo not improve
after taking the medicine. Name Phone () Signature	



How to use your inhaler and spacer



2. Shake the inhaler for 5 seconds





3. Attach to spacer and take cap off spacer



6. Press down here



5. Close lips around mouthpiece





You can also connect with a



wait 1 minute then repeat steps 5-9. If you need another puff of medicine

3



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one, free support the American Lung Association's Lung HelpLine

respiratory therapist for one-on-

at 1-800-LUNGUSA.

Lung HelpLine: 1-800-LUNGUSA | Lung.org

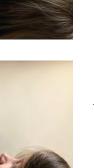
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8. Hold your breath for 10 seconds



if you can. Then breathe out slowly

visit Lung.org/asthma. handouts, tutorials and resources, For more asthma videos,





9. Rinse with water and SPIT OUT