



المدرسة العالمية الأمريكية  
UNIVERSAL AMERICAN SCHOOL

Photo

## ASTHMA ACTION PLAN

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

Doctor's Name: _____ Contact No.: _____	<b>Instructions for an exercise-induced asthma flare-up</b> Medicine: _____ Dosage: _____ When: _____ Additional Instructions: _____
Emergency Contact: _____ Emergency Phone: _____	

**TRIGGERS:** \_\_\_\_ pollen \_\_\_\_ mold \_\_\_\_ dust mites \_\_\_\_ animals \_\_\_\_ smoke \_\_\_\_ food  
\_\_\_\_ exercise \_\_\_\_ cold/flu \_\_\_\_ weather \_\_\_\_ air pollution \_\_\_\_ other: \_\_\_\_\_

### The GREEN Zone (also known as the SAFETY zone)

#### Symptoms

- Breathing is easy
- No cough or wheeze
- Can do usual activities
- Can sleep through the night

Use these controller medicines as listed: (Example: Flixotide)

Method: Inhaler / Spacer

Medicine	How much/Dosage	How often/When

Peak flow from \_\_\_\_ to \_\_\_\_

### The YELLOW Zone (also known as the CAUTION zone)

#### Symptoms

- Some shortness of breath
- Cough, wheeze or chest tightness
- Some difficulty doing usual activities
- Sleep disturbed by symptoms
- Symptoms of a cold or flu

Continue with controller medicine as above, and add these rescue medicines:  
(Example: Ventolin)

Medicine	How much/Dosage	How often/When

Peak flow from \_\_\_\_ to \_\_\_\_

### The RED Zone (also known as the DANGER zone)

#### Symptoms

- Severe breathing problems
- Cannot do usual activities
- Difficulty walking and talking
- Rescue medicine is not helping

Take this medicine and call the doctor now!

Medicine	How much/Dosage	How often/When

Peak flow from \_\_\_\_ to \_\_\_\_

If symptoms don't improve, contact the parent, call 999 and transfer to hospital.

Parent's Name & Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Doctor's Name & Signature: \_\_\_\_\_

Date: \_\_\_\_\_