

# ASTHMA ACTION PLAN CHILD

Name: \_\_\_\_\_ DOB: \_\_\_\_\_



## I FEEL GOOD!

Keep child healthy. Give everyday medication when healthy OR sick.

### EVERYDAY

- No trouble breathing
- No cough or wheezing
- Sleeps well
- Can play normal

My triggers are:

PETS

EXERCISE

VIRUSES

EXTREME  
TEMPERATURES

MEDICATION	DOSE	TIME



## I AM NOT FEELING GOOD!

Administer a quick relief medication and monitor symptoms.

### IF THE CHILD HAS ANY OF THESE:

- Trouble breathing
- Cough in the day or night
- Wheezing
- Chest feels tight

Quick Relief Medication	Dose	Time Interval to Repeat Dose
Inhaler:		
Nebulizer:		



## I AM VERY SICK. GET HELP NOW!

Repeat quick relief medications.

### IF THE CHILD HAS ANY OF THESE:

- Medication is not helping
- Breathing hard and fast
- Can't talk or walk
- Ribs or neck muscles show with breathing



GO TO THE  
EMERGENCY  
DEPARTMENT



OR

CALL 911



CALL DOCTOR and  
FOLLOW-UP



Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

**IF IT IS AN EMERGENCY CALL 911.**

\*If you have any questions about Asthma call 385-468-5250\*

THIS IS NOT AN EMERGENCY LINE

# ASTHMA ACTION PLAN ADULT

Name: \_\_\_\_\_ DOB: \_\_\_\_\_



## I FEEL GOOD!

Keep yourself healthy. Take everyday medication when healthy OR sick.

MEDICATION	DOSE	TIME

### EVERYDAY

- No trouble breathing
- No cough or wheezing
- Sleeps well
- No chest pain or tightness

My triggers are:  \_\_\_\_\_  
 PETS    EXERCISE    VIRUSES    EXTREME TEMPERATURES



## I AM NOT FEELING GOOD!

Administer a quick relief medication and monitor symptoms.

### IF I HAVE ANY OF THESE:

- Trouble breathing
- Uncontrollable cough
- Wheezing
- Chest feels tight

Quick Relief Medication	Dose	Time Interval to Repeat Dose
Inhaler:		
Nebulizer:		

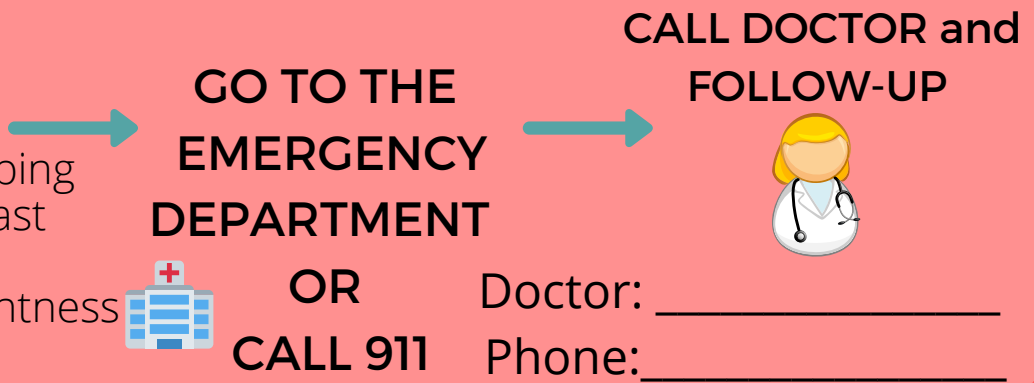


## I AM VERY SICK. GET HELP NOW!

Repeat quick relief medications.

### IF I HAVE ANY OF THESE:

- Medication is not helping
- Breathing hard and fast
- Can't talk or walk
- Chest pain and or tightness
- Shortness of breath



**IF IT IS AN EMERGENCY CALL 911.**

\*If you have any questions about Asthma call 385-468-5250\*

THIS IS NOT AN EMERGENCY LINE