




Asthma Management Plan for Children

| GO (GREEN ZONE) | | Use these medicines every day: |
|--|--|---|
| <p>Your child has all of these:</p> <ul style="list-style-type: none"> ■ no cough or wheeze ■ able to eat, play and sleep normally ■ able to breathe easily. <p>Peak flow above _____, which is more than 80 percent of predicted. (Predicted for _____ inches is _____.)</p> |  | |
| CAUTION (YELLOW ZONE) | | Continue with GREEN ZONE medicines and add : |
| <p>Your child has any of these:</p> <ul style="list-style-type: none"> ■ cough or wheeze ■ problems with eating, playing or sleeping because of breathing ■ tight chest ■ waking at night from cough or troubles breathing ■ heavier or fast breathing. <p>Peak flow between _____ and _____, which is 60 to 80 percent of predicted. (Predicted for _____ inches is _____.)</p> |  | |
| DANGER (RED ZONE) | Take these medicines and call your doctor: | |
| <p>Asthma is getting worse if your child has any of these:</p> <ul style="list-style-type: none"> ■ breathing very hard or very fast ■ unable to speak because of breathing ■ nostrils open wide ■ ribs show, body is hunched ■ gasping for air and sweating ■ anxious due to breathing ■ rescue inhaler does not work. <p>Peak flow between _____ and _____, which is less than 60 percent of predicted. (Predicted for _____ inches is _____.)</p> |  | |

If breathing does not improve and you can't call your health care provider, go to a hospital emergency room or call 911.

(over)

When To Call Your Child's Health Care Provider

Call your child's health care provider to schedule an appointment if your child:

- has had an Emergency Department visit or hospital stay because of asthma
- wakes up at night more than two times a month because of asthma
- uses rescue medicine more than 2 days a week to relieve asthma symptoms.

Asthma Triggers

- animal dander
- chalk dust
- cigarette smoke and secondhand smoke
- cleaning products
- colds or influenza
- dust mites, dust, stuffed animals, carpet
- emotional upset
- exercise
- foods _____

- fumes, strong odors or perfumes
- mold
- ozone alert days
- pests (rodents, cockroaches)
- plants, flowers, cut grass, pollen
- sudden temperature change
- wood smoke

Questions or Concerns
