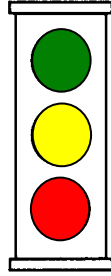


CHILD ASTHMA HOME ACTION PLAN

(0 - 5 years old)

Name: _____
Doctor: _____ Date: _____
Phone for Doctor or Clinic: _____
After Hours: _____
Phone: _____



You can use the colors of a traffic light to learn about your asthma medicines.

4. **Green** means **Go**. Use preventative medicine.
5. **Yellow** means **Slow down, Caution**. Use quick-relief medicine.
6. **Red** means **Stop**. Take extra medicine and get help from a doctor.

1. Green - GO Use preventative or controller medicines

Child is <i>well</i>	<u>Medicine</u> <u>How much to take</u> <u>When to take it</u>
<p>* Breathing is good * No cough or wheeze or other asthma symptoms * Can play & work</p>	<p>_____</p> <p>_____</p> <ul style="list-style-type: none">• 20 minutes before sports or exercise, take this medicine: _____• Avoid things that make my asthma worse like: _____

2. Yellow- CAUTION, Slow Down Take quick-relief medicine to keep an asthma attack from getting worse

Child is <i>not well</i> & has asthma symptoms that may include:	<u>Medicine</u> <u>How much to take</u> <u>When to take it</u>
<p>* Coughing * Wheeze * Runny nose or other cold symptoms * Breathing harder or faster * Awakening due to coughing or difficulty breathing * Playing less than usual</p>	<p>_____</p> <p>_____</p> <p>CONTINUE YOUR CONTROLLER MEDICINE IN GREEN ZONE AND TAKE QUICK RELIEF MEDICINE</p> <ul style="list-style-type: none">• If you are not feeling better in 20-60 minutes and your peak flow is less than 70%, go to the RED ZONE PLAN.• Call: _____

3. Red - STOP, Danger! Medical Alert! Get Help from a Doctor now!

Child feels <i>awful!</i> Warning signs may include:	<u>Medicine</u> <u>How much to take</u> <u>When to take it</u>
<p>* Medicine is not helping * Breathing hard & fast * Ribs show * Can't walk or talk well * Lips or fingernails are gray or blue</p>	<p>_____</p> <p>_____</p> <ul style="list-style-type: none">• TAKE QUICK RELIEF MEDICINE EVERY 20 MINUTES, FOR 3 TIMES• ALSO CALL OR COME TO THE URGENT CARE CLINIC OR NEAREST HOSPITAL IMMEDIATELY (CALL 911) !