

The Asthma Action Plan

People with asthma should have a treatment and management plan developed by their Health Care Provider. An Asthma Action Plan is a special road map to know how to take care of asthma each day. Action plans can have two or three zones.

The Two Zone Action Plan has a controlled zone and a not controlled zone. What medications you give your child will depend on what zone your child is in.

The Three Zone Asthma Action Plan uses Green, Yellow, and Red like a stop light. What medications you give your child will depend on what zone your child is in. The three breathing zones are:

Green Zone: GO! (Controlled). Your child is having NO coughing, wheezing, chest tightness or shortness of breath. Your child can run and play without difficulty. Your child sleeps well at night. Peak flow readings are 80%-100% of their personal best. **This indicates that your child's asthma is in good control.** ☺ Give your child's medications listed for the GREEN Zone.



Yellow Zone: CAUTION! (Loosing control). Your child is having some coughing, wheezing, chest tightness or shortness of breath. Your child might have difficulty running and playing. Your child might be having some symptoms that interfere with their sleep. Peak flow readings are 50 to 80% of their personal best. **This indicates that your child's asthma is getting out of control.**

Call your HCP if symptoms are not improving or worsening or your child does not return to the Green Zone in 24 to 48 hours.

Taking action quickly can keep the asthma from getting worse. Follow the YELLOW ZONE medicine list. Continue to check symptoms every 4 hours until your child is back in the Green Zone for 24 to 48 hours, then return to Green Zone instructions.



Red Zone: STOP! (NOT controlled). Your child is having coughing, wheezing, chest tightness or shortness of breath. The skin between the ribs and or under his throat may be pulled in when they breathe (retracting) They cannot run or play without difficulty and they are having symptoms at night that interferes with their sleep. Peak flow readings are 50% or less of their personal best.

This is a medical emergency. Give your child's reliever medication **immediately** and **call 911 or go to the emergency room.**

