

## My Asthma Action Plan For Home and School

Carranife : Olaranifi - 11					OOB:	-//
Severity Classification	on: Intermittent Mild	Persistent	oderate Persistent			, — , —
	t):					
	rsonal Best:					
Green Zone: Doin	g Well					
Symptoms: Breathing	g is good – No cough or whee	eze – Can work ar	nd play – Sleeps v	vell at night		
	ow Meter (more					
Control Medicine(s)	Medicine	How much to	take \	When and how ofter	to take it	Take at
		5 5 5 5 6 6 particular year				Home School
DI						
Physical Activity	Use Albuterol/Levalbuterol _	puffs, 15 min	utes before activity	with all activity	when y	ou feel you need it
Yellow Zone: Caut	tion					
Symptoms: Some pro	oblems breathing - Cough, wh	eeze, or tight ches	st – Problems worl	king or playing – Wa	ke at night	
Peak Flo	ow Meter to	_ (between 50%	and 79% of perso	nal best)		
Quick-relief Medicine	e(s) Albuterol/Levalbuterol	puffs, ever	ry 4 hours as need	ed		
Control Medicine(s)	Continue Green Zone	medicines				
Valuebould fool bottor	Add					
than 24 hours, THEN fo	within 20–60 minutes of the o	quick-relief treath ED ZONE and call	ment. If you are go I the doctor right a	etting worse or are away!	in the Yello	w Zone for more
Pod Zenov Cot Holy	Novel and separate design			2000年2月2日 (1940年)	april to the Sally	The state of the s
Red Zone: Get Help	and the second s					
Symptoms: Lots of pro	oblems breathing - Cannot wo	ork or play – Gettir	ng worse instead o	of better – Medicine	is not helpi	ing
Peak FIO	w Meter (less th	an 50% of persor	nal best)			
			ouffs,	(how freque		
	dicine NOW! Albuterol/Lev					
	dicine NOW!	are present: •	Trouble walking/ta		ss of breat	h
		are present: •		are blue	ss of breat	h
Call 911 immediately if	the following danger signs	are present:	Trouble walking/ta Lips or fingernails Still in the red zone	are blue e after 15 minutes		
Call 911 immediately if School Staff: Follow the Ye The only control medicines	the following danger signs  ellow and Red Zone instruction to be administered in the scho	are present:	Trouble walking/ta Lips or fingernails Still in the red zone elief medicines ac d in the Green Zor	are blue e after 15 minutes cording to asthma see with a check mark	symptoms. k next to "T	ake at School".
Call 911 immediately if  School Staff: Follow the Ye  The only control medicines  Both the Healthcare Pro	the following danger signs	are present:  o  ns for the quick-re ool are those lister feel that the child	Trouble walking/ta Lips or fingernails Still in the red zone elief medicines ac d in the Green Zor has demonstrated	are blue after 15 minutes cording to asthma s with a check mark	symptoms. k next to "T	ake at School".
Call 911 immediately if School Staff: Follow the Ye he only control medicines Both the Healthcare Proquick-relief inhaler, inclu	ellow and Red Zone instruction to be administered in the school ovider and the Parent/Guardian ding when to tell an adult if syr	ns for the quick-re ool are those lister feel that the child mptoms do not im	Trouble walking/ta Lips or fingernails Still in the red zone elief medicines ac d in the Green Zor I has demonstrated aprove after taking	are blue a after 15 minutes cording to asthma s ne with a check mark d the skills to carry a the medicine.	symptoms, k next to "T and self-adi	ake at School". minister their
Call 911 immediately if School Staff: Follow the Ye he only control medicines Both the Healthcare Proquick-relief inhaler, inclu	the following danger signs ellow and Red Zone instruction to be administered in the school wider and the Parent/Guardian	ns for the quick-re ool are those lister feel that the child mptoms do not im	Trouble walking/ta Lips or fingernails Still in the red zone elief medicines ac d in the Green Zor I has demonstrated aprove after taking	are blue a after 15 minutes cording to asthma s ne with a check mark d the skills to carry a the medicine.	symptoms, k next to "T and self-adi	ake at School". minister their
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