ASTHMA CONTROL PLAN

Child’s name:         Date: 
Dr.         Telephone: 

GREEN ZONE

Your child’s asthma is under good control.  Avoid triggers that bring on asthma.  Take the following medicine as directed to keep asthma under good control.
1.
2.
3.

YELLOW ZONE

Use this zone for colds and flu also

Your child’s asthma is not under good control.  Symptoms of asthma may be mild to moderate.  You may notice:

Cough especially when sleeping
Congestion / allergy symptoms
Wheezing / mild retractions
Cries easily or grumpy
Dark circles under eyes
Changes in appetite

Start the following medicine:
1.
2.

Call your doctor if child is in this zone for more than one day.

RED ZONE

THIS IS AN EMERGENCY!! Get help- your child’s asthma is serious.  You may notice symptoms in the yellow zone are getting worse; you may also notice: Nasal flaring, constant cough, wheezing, skin between ribs pulled tight, unable to talk, cry or play.  Give the following treatment and then call the doctor or go to the emergency room.

1.
2.

CALL 911 IF CHILD HAS BLUE LIPS, FINGERNAILS, CAN’T WALK OR TALK OR BECOMES LETHARGIC (SLEEPY/DROOPY LOOKING).