



Asthma Action Plan for Children age 6-11

Name: _____

Date: _____

Practitioner: _____

Contact #: _____

GREEN ZONE - GOOD | Controlled Asthma

- I can sleep through the night
- I am not missing school or activities
- I am breathing well (no cough or wheeze)
- I don't need regular reliever medicine
- I am active/ can play sports

WHAT SHOULD I DO?

CONTROLLER - REDUCES AIRWAY SWELLING

MEDICINE (COLOUR):	PUFF/DOSE	TIMES/DAY

Take **EVERYDAY** to control your asthma.



RELIEVER - USE AS NEEDED TO OPEN TIGHT AIRWAYS QUICKLY

MEDICINE (COLOUR):	PUFF/DOSE	TIMES/DAY

- Getting a "cold"
- Symptoms with activity and sports
- Cough, shortness of breath or wheeze, especially at night
- Using reliever medication more than 2 times a week

YELLOW ZONE-CAUTION | Take Action - Flare Up

WHAT SHOULD I DO?

KEEP TAKING CONTROLLER - REDUCES AIRWAY SWELLING

MEDICINE (COLOUR):	PUFF/DOSE	TIMES/DAY

RELIEVER - USE AS NEEDED TO OPEN TIGHT AIRWAYS QUICKLY

MEDICINE (COLOUR):	PUFF/DOSE	TIMES/DAY

- Skin sucking in between ribs, or base of throat
- Trouble walking or talking
- Coughing or wheezing non-stop
- Blue/grey lips or fingernails
- If reliever medicine not lasting 4 hours**



If reliever medicine is needed every 4 hours or if asthma symptoms are not improving after _____ see your practitioner.

RED ZONE - DANGER | Take Action - Get Help

WHAT SHOULD I DO?

CALL 911 or GO TO THE NEAREST EMERGENCY DEPARTMENT IMMEDIATELY

Give 5 puffs of reliever medicine using spacer every 20 minutes on the way to hospital or while waiting for help. Repeat if no improvement.



Please review this Action Plan with your practitioner **twice a year**, within 3 months of a medication change or within 2 weeks following an emergency department or hospital visit. For HealthLink BC, Dial 8-1-1.

Goals for asthma treatment

Triggers

Things that irritate (or bother) your airways are called triggers. Triggers make asthma flare up. Circle the triggers that make your asthma worse:

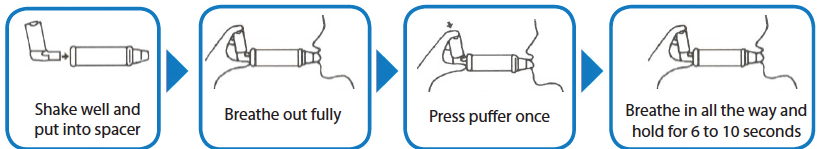


EXERCISE _____ OTHER TRIGGERS _____

Regular exercise is good for your health. If you have symptoms with exercise, it may mean that your asthma is not well controlled, see your action plan (other side), or see your practitioner or asthma clinic for advice.

Knowing and using your device

You should use a Spacer with Mouthpiece and Metered Dose Inhaler (Puffer) Suggested age: 5 years and up*



- If another puff is prescribed, wait 30 seconds
- Rinse mouth after use of preventer/controller
- If can't hold breath, can also breathe in and out 6-10 times

**If they can follow instructions to breathe deeply*

For inhalers without counters on the back, counting the number of doses used is the only accurate way to know how much medicine is left in the inhaler.
Find a dose tracking sheet [here](#)

