



Asthma Action Plan for Children age 1-5

Name: _____

Date: _____

Practitioner: _____

Contact #: _____

GREEN ZONE - GOOD | Controlled Asthma



- NO COUGH or WHEEZE with play, crying, or in the night
- Not missing daycare/preschool
- Parents are not missing work

WHAT SHOULD I DO?

CONTROLLER - REDUCES AIRWAY SWELLING

MEDICINE (COLOUR):

PUFF/
DOSE

TIMES/
DAY

Take **EVERYDAY** to prevent asthma symptoms.



USE RELIEVER AS NEEDED - OPENS TIGHT AIRWAYS QUICKLY

MEDICINE (COLOUR):

PUFF/
DOSE

TIMES/
DAY

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- Getting a "cold"
- Cough, wheeze or shortness of breath, especially at night
- Symptoms with play or normal activity

YELLOW ZONE - CAUTION | Take Action - Flare Up



WHAT SHOULD I DO?

KEEP TAKING CONTROLLER - REDUCES AIRWAY SWELLING

MEDICINE (COLOUR):

PUFF/
DOSE

TIMES/
DAY

USE RELIEVER AS NEEDED - OPENS TIGHT AIRWAYS QUICKLY

MEDICINE (COLOUR):

PUFF/
DOSE

TIMES/
DAY

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- Skin sucking in between ribs
- Coughing or wheezing non-stop
- If blue or grayish in colour
- If reliever medicine not lasting 4 hours**
- Skin at throat sucking in
- Very tired or limp



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 (with mask) 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 child's airways are called triggers. Triggers make asthma flare up. Circle the triggers that make your child's asthma worse:



EXERCISE _____

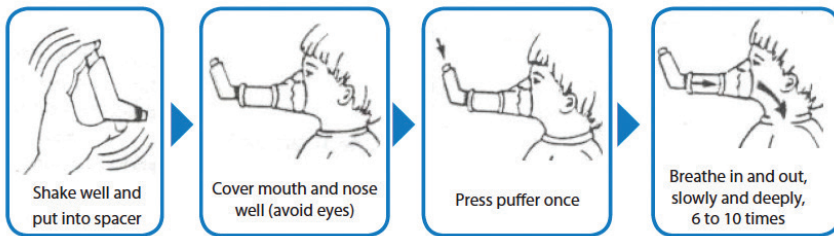
OTHER TRIGGERS _____

Regular play and exercise is good for your child's health. If your child has symptoms with exercise, it may mean that his/her asthma is not well controlled; see your action plan (other side) or see your practitioner or asthma clinic for advice.

Knowing and using your child's device

Your child should use a Spacer with Mask and a Metered Dose Inhaler (Puffer)

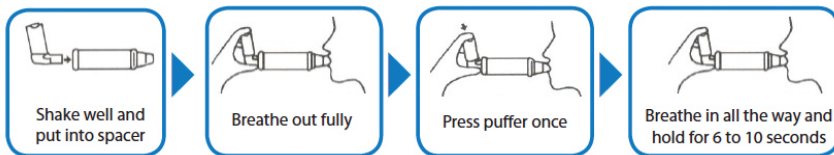
Suggested age: infant and child less than 5 years of age (or anyone unable to use a spacer with mouthpiece)



- If another puff is prescribed, wait 30 seconds
- Rinse mouth and wash face after use of preventer/controller

Your child should use a Spacer with Mouthpiece and Metered Dose Inhaler (Puffer)

Suggested age: 5 years and up, if they can form a seal around the mouthpiece



- 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

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](#)

