

Name: _____
 Date of Birth: _____
 School: _____

ASTHMA MEDICINE PLAN



You can use the colors of a traffic light to help learn about your asthma medicines.

1. **GREEN** means **GO**. Use your prevention medicines every day.
2. **YELLOW** means **CAUTION**. Use quick-relief medicine.
3. **RED** means **DANGER!** Use extra medicines and call your doctor **NOW!**



GREEN means GO!!!! USE PREVENTION MEDICINES EVERY DAY

* Breathing is good. Not Applicable (no prevention medicines)

* No cough or wheeze.

* Can work and play.



Medicine	How much to take	Times	Circle One
	with spacer		Home/School
			Home/School
			Home/School

****20 minutes before sports, use this medicine:**

YELLOW means CAUTION!!!! START TAKING QUICK-RELIEF MEDICINE



Cough



Wheeze



Tight Chest



Wake up at Night

1. KEEP TAKING GREEN ZONE MEDICINES.
2. START TAKING QUICK-RELIEF MEDICINE TO KEEP AN ASTHMA ATTACK FROM GETTING BAD.

Medicine(circle)	How much to take	Times to take
Albuterol/Xopenex		with spacer now and every 4 to 6 hours

**If you DO NOT feel better in 20 to 60 minutes FOLLOW THE RED ZONE PLAN

****IF YOU CONTINUE WITH THESE SYMPTOMS FOR 12 TO 24 HOURS, CALL YOUR DOCTOR.**

RED means DANGER!!! GET HELP FROM A DOCTOR NOW !!!

* Medicine is not helping

* Breathing is hard and fast

* Nose opens wide to breathe

* Can't talk well

**GO TO DOCTOR'S OFFICE OR EMERGENCY ROOM!
 TAKE THESE MEDICINES UNTIL YOU SEE THE DOCTOR.**

Medicine(circle)	How much to take
Albuterol/Xopenex	with spacer

You may repeat this dose _____ times, 20 minutes apart.



CALL 911 (EMS) IF: Lips or fingernails are blue, or
 You are struggling to breathe, or
 You do not feel or look better in 20-30 minutes



Air Quality Alert Days: The national recommendation is to avoid outdoor exercise when levels of air pollution are high.

Physician recommendations for medication self-administration: (Check one)

The student listed above has been instructed by me in the proper way to use his/her medications. It is my professional opinion that he/she should be allowed to carry and self-administer the above medications while on school property or at school-related events. (Optional for middle and high school students. NOT recommended for elementary students)

The student listed above, in my professional opinion, should NOT be allowed to carry and self-administer any of his/her asthma medication(s) while on school property or at school related events. (Recommended for all elementary students)

Printed Name of Health Care Provider _____ Signature of Health Care Provider _____ Phone Number _____ Date _____

I, _____, agree with the recommendations of my child's physician as noted above and give permission for my child to receive the above medication(s) as directed. I also give permission for my child's physician and the school nurse to share written or verbal information for the duration of this school year.

Signature of parent/guardian _____ Date _____



Home Telephone _____ Work Telephone _____ Cell Phone _____