

School Nurse Asthma Action Plan

Child's Name: _____

Grade: _____ Age: _____ Room: _____

HR Teacher: _____

Parent/Guardian

Name _____ Home Phone _____

Address _____ Work Phone _____

Name _____ Home Phone _____

Address _____ Work Phone _____

Emergency Contact Name/Relationship _____ Phone _____

Emergency Contact Name/Relationship _____ Phone _____

Primary Physician Name _____ Phone _____

Asthma Physician Name _____ Phone _____



Known Allergies

Other Chronic Illnesses

Green Zone

- ✓ breathing is easy
- ✓ no cough / wheeze
- ✓ can work/play/sleep
- ✓ Peak Flow is 80% of personal best or higher

Peak Flow Personal Best _____

Peak Flow _____ and _____

Action

- 1) take quick relief medication as prescribed when needed
- 2) use quick relief medication before exercise, sports, recess or going out into cold air

YES or NO

Yellow Zone

- ✓ some coughing/wheezing
- ✓ tightness of chest
- ✓ shortness of breath
- ✓ Peak flow is between 50-80% of personal best

PF between _____ and _____

Action

- 1) take quick relief medication as prescribed
- 2) if no improvement after 15-20 minutes, contact parents or guardians. If parents can not be reached, seek medical attention for child.
- 3) if two quick relief treatments DO NOT return child to Green Zone, notify parents to seek medical attention; if unable to reach parents, seek medical attention per school policy.

Red Zone = DANGER ZONE

Red Zone

- ✓ trouble breathing, stooped body posture, use of neck or stock muscles to breathe
- ✓ worsening cough/wheezing
- ✓ unable to work, play or sleep

DANGER Zone

- ✓ trouble walking or talking due to shortness of breath
- ✓ lips or fingernails are blue or grey
- ✓ quick relief medication is not relieving symptoms
- ✓ struggling or grasping for breath

Red Zone Action

- 1) quick relief medication as prescribed
- 2) if quick relief medication is not relieving symptoms, contact 911
- 3) notify parents/guardian

DANGER Zone Action

Call 911 or go to the emergency room if the above actions do not result in a return to yellow zone.