

# Asthma Exercise Plan

Child's Name: \_\_\_\_\_

\_\_\_\_\_

Circle the **ACTIVITIES** you are involved with:

- basketball
- dancing
- running
- soccer
- bicycling
- gymnastics
- skating
- swimming
- other \_\_\_\_\_

## Medications to Take Before Starting\*

Medication	Dose	When to Take

\* Use quick relief inhaler 15-20 minutes before beginning any physical activity.

Warm-up Activities \_\_\_\_\_

Cool-down Activities \_\_\_\_\_

## Action Plan if Asthma Symptoms Appear during Activities

- 1) Stop activity and use quick relief inhaler.
- 2) If symptoms go away, resume activity.  
 If symptoms continue, repeat rescue inhaler. If another 15-20 minutes go by and you still have no relief, obtain help from an adult. If you have trouble walking or breathing, send a friend for help.
- 3) Have adult notify parents. If parents are unavailable, seek medical attention.
- 4) If you are in the **DANGER ZONE**, have someone call 911 immediately.
  - trouble walking or talking due to shortness of breath
  - lips or fingernails are blue or grey
  - gasping or struggling for breath

Medications my child is **ALLERGIC** to: \_\_\_\_\_

## Names and Numbers to Call
