

Patient Info:

Asthma Action Plan



GREEN – FEEL GOOD
YELLOW – SLOW DOWN
RED – STOP



When WELL

I do not have asthma symptoms (cough, wheeze, problems breathing).

I can play and sleep without symptoms.

Actions to Take

My SMART inhaler is...

I will take my SMART inhaler with a spacer:

Comments:

Asthma Getting WORSE

I am sick with a cold.

I am having worsening symptoms.

Actions to Take

Continue **GREEN ZONE** medications.

I will take my SMART inhaler:

AND

I will take 2 puffs of my SMART inhaler as needed for asthma symptoms (cough, wheeze, or tight chest).

If I used my SMART inhaler more than _____ in one day, I will go to **RED ZONE**.

Comments:

Asthma Symptoms Are SEVERE

I am finding it hard to breathe.

I have used my SMART inhaler more than _____ in one day.

Actions to Take

Take my emergency medicine.

Seek EMERGENCY Care

Call your asthma provider or the Children's Mercy nurse triage line at 816-234-3188.

Go to the ER or call 911 if:

- Pulling at the ribs or neck.
- Lips or fingernails are blue.
- Struggling to breathe.
- You are very concerned about your child's breathing.

Comments: