

## ASTHMA CONTROL PLAN

Child's name:

Date:

Dr.

Telephone:

### GREEN ZONE

Your child's asthma is under good control. Avoid triggers that bring on asthma. Take the following medicine as directed to keep asthma under good control.

- 1.
- 2.
- 3.

### YELLOW ZONE

Use this zone for colds and flu also

Your child's asthma is not under good control. Symptoms of asthma may be mild to moderate. You may notice:

Cough especially when sleeping  
Congestion / allergy symptoms  
Wheezing / mild retractions  
Cries easily or grumpy  
Dark circles under eyes  
Changes in appetite

Start the following medicine:

- 1.
- 2.

Call your doctor if child is in this zone for more than one day.

### RED ZONE

*THIS IS AN EMERGENCY!!* Get help- your child's asthma is serious. You may notice symptoms in the yellow zone are getting worse; you may also notice: **Nasal flaring, constant cough, wheezing, skin between ribs pulled tight, unable to talk, cry or play.** Give the following treatment and then **call the doctor or go to the emergency room.**

- 1.
- 2.

**CALL 911 IF CHILD HAS BLUE LIPS, FINGERNAILS, CAN'T WALK OR TALK OR BECOMES LETHARGIC (SLEEPY/DROOPY LOOKING).**