



Crazy About Kids Pulmonary Services

Asthma Action Plan for Children (480) 892-2260

Patient Name:	Date of Birth:	Date:
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Kelvin Panesar, M.D.

Traci Arney NP-C, AE-C

My best peak flow is: _____

My identified triggers are:

- pollens molds pets (_____) foods (_____) dust dust mite
 Upper respiratory tract infections exercise tobacco exposure cold air emotion (laughing, crying)

Green Zone = GO!

Signs or Symptoms:

- Peak flow is above _____ (80% of personal best)
- Your breathing is good.

What to Do:

Take the following medications as directed to control your asthma:

Medicine	How much to Take	When to take it
_____	_____	_____
_____	_____	_____

Additional Directions:

Yellow Zone = Caution!

Signs or Symptoms:

Peak Flow is between _____ & _____
(50% of Personal Best) (80% of Personal Best)

- Feel more tired
- Chin or throat itches
- Dark circles under eyes
- Coughing/Wheezing/Short of breath/Chest is tight

What to Do:

- Continue to take your medication to control your asthma.
- Take Albuterol/Xopenex (quick relief medicine) by inhaler with a spacer or nebulizer every 4 hours.
- Call the office if you have not improved, you may need to be seen and steroids may need to be started to avoid further breathing problems.
- Do not go to PE or do sports today.
- If you continue to be in respiratory distress or need your Albuterol/Xopenex more than every 4 hours, call the office now or seek immediate medical care at an Urgent Care facility or emergency room.

Additional Directions:

Red Zone = Danger!

Signs or Symptoms:

- Peak flow is below _____ (50% of Personal Best)
- Trouble walking, talking, or thinking
- Shoulders go up with breathing
- Neck and ribs move in when breathing
- Grey or blue skin color starting around the mouth

What to Do:

- Take your quick relief medicine by inhaler and spacer or nebulizer NOW:

- Start the following Steroid Medications after talking to your healthcare provider:

****If your reliever medicine does not help call 911, or go to the Emergency Department if you are unable to speak with your doctor.**