Virginia Asthma Action Plan

School: Effective Dates:

Name								
			Date of Birth					
Health Care Provider	Emergency Contact		Emergency Contact					
Provider Phone #	Phone: area code + no	Phone: area code + number		Phone: area code + number				
Fax #	Contact by text?	☐ YES ☐ NO	Contact by text?	☐ YES	□ №			
V N	/ledical provider comple	ete from here do	wn 🔻					
Asthma Triggers (Things that ma	ke your asthma							
□ Colds □ D			☐ Strong odors	Sea	son			
2 00.03	cid reflux Pests (rodents, c		☐ Mold/moisture	□ Fall [☐ Spring			
	kercise	•	☐ Stress/Emotions	☐ Winter [☐ Summer			
Asthma Severity: □ Intermit	tent Persistent: ☐ Mild	☐ Moderate ☐ S	evere					
Green Zone: Go!	Take these CONTR	ROL Medicines	every day <u>at h</u>	<u>ome</u>				
You have ALL of these:	Always rinse your mouth a			use a spac	er with			
Breathing is easy	your MDI when possible. No control medicines							
No cough or wheeze	☐ Advair, ☐ Alvesco, ☐ Arnuity, ☐ Asmanex							
Can work and play								
Can sleep all night	☐ Breo, ☐ Budesonide, ☐ Dulera, ☐ Flovent, ☐ Pulmicort							
	□ QVAR Redihaler, □ Symbicort, □ Other:							
Peak flow: to	MDI: puff (s) times per day or Nebulizer Treatment: times per day							
(More than 80% of Personal Best) Personal best peak flow:								
ersonal best peak flow: Singulair/Montelukast takemg by mouth once daily								
	n exercise/sports add: MDI v			ise:				
Yellow Zone: Caution!	Continue CONTR	OL Medicines a	nd <u>ADD</u> RESCU	E Medicii	nes			
You have ANY of these:		(Vananay) 🗖 Inratra	nium (Atrovont)					
Cough or mild wheeze	☐ Albuterol ☐ Levalbuterol (Xopenex) ☐ Ipratropium (Atrovent)							
First sign of cold	MDI: puffs with spacer every hours as needed							
Tight chest	☐ Albuterol 2.5 mg/3m1 ☐ Levalbuterol (Xopenex) ☐ Ipratropium (Atrovent) 2.5mg/3m1							
Problems sleeping,								
working, or playing	Nebulizer Treatment: one t							
Peak flow: to	_	_		Call your Healthcare Provider if you need rescue medicine for more than				
(60% - 80% of Personal Best) 24 hours <u>or</u> two times a week <u>or</u> if your rescue medicine does not work.								
	21110 0 13 <u>01</u> 1110 11111	es a week <u>or</u> n you	r rescue medicine d					
Red Zone: DANGER!	Continue CONTR			does not wo	ork.			
Red Zone: DANGER! You have ANY of these:	Continue CONTR	ROL & RESCUE	Medicines and	does not wo	ork.			
	Continue CONTR	ROL & RESCUE	Medicines and	does not wo	ork.			
You have ANY of these: Can't talk, eat, or walk well Medicine is not helping	Continue CONTR	ROL & RESCUE	Medicines and	does not wo	ork.			
You have ANY of these: Can't talk, eat, or walk well Medicine is not helping Breathing hard and fast	Continue CONTR	(Xopenex) Ipratropius	Medicines and m (Atrovent) THREE treatments	GET HE	ork.			
You have ANY of these: Can't talk, eat, or walk well Medicine is not helping Breathing hard and fast Blue lips and fingernails	Continue CONTR Albuterol Levalbuterol MDI: puffs with spacer Albuterol 2.5 mg/3m1	ROL & RESCUE (Xopenex) Ipratropius every 15 minutes, for 1 Levalbuterol (Xopenex)	Medicines and m (Atrovent) THREE treatments □ Ipratropium (Atro	GET HEL	P!			
You have ANY of these: Can't talk, eat, or walk well Medicine is not helping Breathing hard and fast Blue lips and fingernails Tired or lethargic	Continue CONTR	ROL & RESCUE (Xopenex) Ipratropius every 15 minutes, for 1 Levalbuterol (Xopenex)	Medicines and m (Atrovent) THREE treatments □ Ipratropium (Atro	GET HEL	P!			
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