

How to use the Asthma Action Plan: A Parent's Step by Step Guide

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When you get the Asthma Action Plan from your doctor, make sure you understand how to use it.

- Make sure you and your child's doctor agree on what symptoms mean your child is in the green, yellow or red zones.
- Make sure you know which medicine and how much medicine should be given in each zone.
- Know the difference between quick relief and controller medications, so that you can give your child the right medication at the right time!

GREEN ZONE: Feeling Well

If my child is in the Green Zone, my child...

- **Is breathing normal.**
- Has very little or no coughing, wheezing, or tightness in the chest during school, exercise or play.

Then my child should...

- **Take Quick Relief medication only as needed.**
- **If prescribed, take Controller everyday.**

YELLOW ZONE: If Not Feeling Well

If my child is in the Yellow Zone, my child...

- **Is coughing, has whistling in the chest, or wheezing.**
- Might not be able to sleep, play or exercise.

Then my child should...

- **Continue taking Controller medications.**
- **Take more quick relief medications.**
- Stay away from his/her asthma triggers. Triggers that your child can normally be around in the GREEN ZONE may can be a real problem in the YELLOW ZONE.
- Your child may or may not be able to go to school.
- Call your doctor if you're not sure what to do.

RED ZONE: If Feeling Very Sick

If my child is in the Red Zone, my child's...

- **Asthma symptoms are getting worse and the quick relief medications don't seem to help.**
- **Breathing heavy, fast and cannot talk well.**
- **This is the emergency zone!**

Then I should...

- Watch my child closely until the right care has been given to my child and my child returns to the YELLOW and GREEN ZONES.
- **When in doubt call your Doctor!**
- **If your child's lips or fingernails are gray or blue GO TO THE DOCTOR OR EMERGENCY ROOM RIGHT AWAY!**

Red Zone Tip:

Use this technique to calm your child while you seek help.

Someone with an asthma attack should:

STOP whatever they are doing!

DROP carefully to a chair or the floor.

FLOP to a comfortable position for breathing.



Ambulance

When in doubt, call 911!



Child Action Plan

[◀ Who should have a copy of my child's Asthma Action Plan? Prepared at Each Visit to the Doctor ▶](#) [up](#) [Be](#)

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