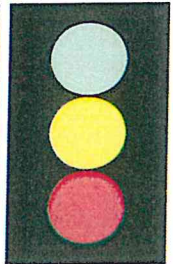




# Asthma Action Plan Ages 0 – 11 Years

STATE OF CONNECTICUT  
DEPARTMENT OF PUBLIC HEALTH  
[www.ct.gov/dph/asthma](http://www.ct.gov/dph/asthma)


Name:	Birth Date:	Date:
Parent/Guardian Phone #'s:	Provider Phone #: Fax #: (or stamp)	
<b>Important! Things that make your asthma worse (Triggers):</b> <input checked="" type="checkbox"/> smoke <input type="checkbox"/> pets <input type="checkbox"/> mold <input type="checkbox"/> dust <input type="checkbox"/> tree/grass/weed pollen <input type="checkbox"/> colds/viruses <input type="checkbox"/> exercise <input type="checkbox"/> seasons: <input type="checkbox"/> other:		
<b>Severity Classification:</b> <input type="checkbox"/> Severe Persistent <input type="checkbox"/> Moderate Persistent <input type="checkbox"/> Mild Persistent <input type="checkbox"/> Intermittent		



## GO – You're Doing Well! USE THESE MEDICINES EVERY DAY TO PREVENT SYMPTOMS

**You have all of these:**

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play



CONTROLLER MEDICINE	DIRECTIONS
0-4 YEARS OF AGE <input type="text"/>	
Seasonal Symbicort 160/4.5mcg <input type="text"/>	
<input type="checkbox"/> If your child usually has symptoms with exercise then give:	


Peak Flow may be useful for some kids.

☺ Inhalers work better with spacers. Always use with a mask when prescribed.

## CAUTION – Slow Down! Continue with Green Zone Medicine and Add:

**You have any of these:**

- First signs of a cold
- Exposure to known trigger
- Cough
- Wheeze
- Tight chest
- Coughing at night




RESCUE MEDICINE	DIRECTIONS
<b>Then:</b> Wait 20 minutes and see if the treatment(s) helped	
➤ If you are <b>GETTING WORSE</b> or <b>NOT IMPROVING</b> after the treatment(s) <b>GO TO RED ZONE</b>	
➤ If you are <b>BETTER</b> , continue treatments every 4 to 6 hours as needed for 24 to 48 hours	
<b>Then:</b> If you still have symptoms after 24 hours, <b>CALL YOUR DOCTOR</b> and if he/she agrees:	
➤ Start: _____	
If rescue medication is needed more than 2 times a week, call your doctor at: _____	

## DANGER – Get Help! TAKE THESE MEDICINES AND SEEK MEDICAL HELP NOW!

**Your asthma is getting worse fast:**

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Can't talk well
- Getting nervous



RESCUE MEDICINE	DIRECTIONS
<b>Then:</b> Wait 15 minutes and see if treatment helped	
➤ If <b>GETTING WORSE</b> or <b>NOT IMPROVING</b> , go to the hospital or call 911	
➤ If you are getting <b>BETTER</b> , continue treatments every 4 to 6 hours and call your doctor – <b>say you are having an asthma attack and need to be seen TODAY!</b>	
<b>Then:</b> If your doctor agrees, start: _____	

✓ Make an appointment with your primary care provider within two days of an emergency visit, hospitalization, or anytime for **ANY** problem or question with asthma  
**School Nurse:** Call provider for control concerns or if rescue medication is used more than 2 times/week for asthma symptoms  
**Parents:** Call your doctor for control concerns or if rescue medication is used more than 2 times/week for asthma symptoms

HEALTHCARE PROVIDER SCHOOL MEDICATION AUTHORIZATION **REQUIRED** FOR \_\_\_\_\_ as stated in accordance with CT State Law and Regulations 10-212a

Self-Administration:  This student is capable to safely and properly self-administer this medication OR  This student is not approved to self-administer this medication

Signature: \_\_\_\_\_ Provider Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_ For use from \_\_\_\_\_ to \_\_\_\_\_

**Parent/Guardian Consent: REQUIRED**

I authorize this medication to be administered by school personnel OR  I authorize the student to possess and self-administer medication.

I also authorize communication between the prescribing health care provider, the school nurse, the school medical advisor and school-based clinic providers necessary for asthma management and administration of this medication.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_ **\* Bring asthma meds and spacer to all visits**