


Asthma Action Plan

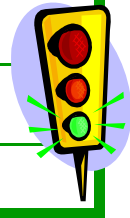
Allergy, Asthma, and Clinical Immunology Associates

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GREEN ZONE: (Use Daily Medicine)



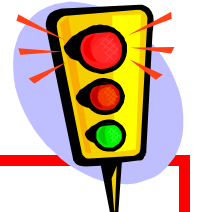
<p>Easy Normal Breathing No Limits on Activity No Wheezing, Coughing, Shortness of Breath</p>	Controller Med	How to Use
	A DAILY MULTI-VITAMIN (VITAMIN D)	

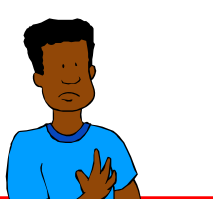


YELLOW ZONE: (Use Prevention Medicine and Begin Rescue Medicine)

<p>Limits on Activity Wheezing, Coughing, Shortness of Breath Signs of Viral Symptoms</p> 	Controller Med	How to Use
	Rescue Med	How to Use
	Albuterol neb or inhaler 2 to 4 puffs every 20 mins. for 1 hour only	Then Albuterol neb or inhaler 2— 4 puffs every 4 hrs. x 2 days
If after 2 days of no improvement call your our office		

RED ZONE: (Begin Frequent use of Rescue Medicine and Seek Immediate Medical Help)



<p>Medicine is not helping, Hard, fast breathing, Ribs show with breathing. Cannot talk in complete sentences. Cannot Walk, Nostrils flair or exposure to known triggers.</p> 	Rescue Med	How to Use
	Albuterol neb or inhaler	Increase bronchodilator: use to 4—6 puffs every 10—15 min up to 3 treatments or 3 neb treatments
		If your child is struggling to breath, turning blue, or remains in Red Zone, seek Emergency Care or dial 911.