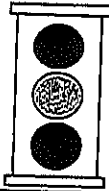


Name: \_\_\_\_\_  
 DOB (mm/dd/yyyy): \_\_\_\_\_  
 School: \_\_\_\_\_



### ASTHMA MEDICINE PLAN

You can use the colors of a traffic light to help learn about your asthma medicines:

1. GREEN means GO. Use your everyday preventive medicines
2. YELLOW means CAUTION. Use quick-relief medicine.
3. RED means DANGER! Use extra medicines and call your doctor NOW!

#### GREEN means GO!!!

- \* Breathing is good
- \* No cough or wheeze
- \* Can work and play



#### USE PREVENTION MEDICINES EVERY DAY

Not Applicable (no prevention medicines)

Medicine	How Much to Take	Times to Take	Take at School?
_____	_____	_____	<input type="checkbox"/>
_____	_____	_____	<input type="checkbox"/>
_____	_____	_____	<input type="checkbox"/>

20 minutes before exercise use this medicine: \_\_\_\_\_

#### YELLOW means CAUTION!!!

#### START TAKING QUICK-RELIEF MEDICINE



Cough



Wheeze

1. KEEP TAKING GREEN ZONE MEDICINES
2. TAKE QUICK-RELIEF MEDICINE TO KEEP AN ASTHMA ATTACK FROM GETTING BAD

Medicine	How Much to Take	Times to Take
_____	_____	Now and every 4 - 6 hours

\*If you DO NOT feel better in 20 to 60 minutes FOLLOW THE RED ZONE PLAN  
 \*\*IF SYMPTOMS CONTINUE FOR 12 TO 24 HOURS, CALL YOUR DOCTOR



Tight Chest



Wake up at Night

#### RED means DANGER!!!

#### GET HELP FROM A DOCTOR NOW !!!

- \* Medicine is not helping
- \* Breathing is hard and fast
- \* Nose opens wide to breathe
- \* Can't talk well

GO TO DOCTOR'S OFFICE OR EMERGENCY ROOM!  
 TAKE THESE MEDICINES UNTIL YOU SEE THE DOCTOR.

Medicine	How Much to Take
_____	_____

May repeat \_\_\_\_\_ times, 20 min. apart



CALL 911 (EMS) IF: Lips or fingernails are blue, or  
 You are struggling to breathe, or  
 You do not feel or look better in 20-30 minutes



#### Physician recommendations for Air Quality Alert Days: (Check one)

- No outdoor exercise     Limited outdoor activity (no sprints, running, etc.)     Exercise as tolerated

Other: \_\_\_\_\_

#### Physician recommendations for medication self-administration: (Check one)

- The student above has been instructed by me in the proper way to use his/her medications. It is my professional opinion that he/she should be allowed to carry and self-administer the above medications while on school property or at school related events.
- The student above, in my professional opinion, should NOT be allowed to carry and self-administer any of his/her asthma medication(s) while on school property or at school related events.

Printed Name of Health Care Provider \_\_\_\_\_

Signature of Health Care Provider \_\_\_\_\_

Phone Number \_\_\_\_\_

Date \_\_\_\_\_

I, \_\_\_\_\_, agree with the recommendations of my child's physician as noted above and give permission for my child to receive the above medication(s) as directed. I also give permission for my child's physician to share written or verbal information with the school nurse for the duration of this school year.

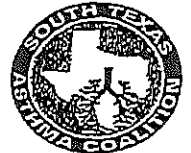
Signature of parent/guardian \_\_\_\_\_

Date \_\_\_\_\_

Home Telephone \_\_\_\_\_

Work Telephone \_\_\_\_\_

Cell Phone \_\_\_\_\_



ADAPTED FROM: The Global Initiative for Asthma (NIH Publication No.96-3659C, Dec. 1995) and Christus Santa Rosa Children's Hospital and El Centro del Barrio, San Antonio

Contact the author, Dr. Steve Inscore Inscore@sbcglobal.net for information about modifications.