	<u>ASTHMA A</u>	CTION PLAN	<u>l</u>	Student Photo Here
Student name:		G	rade: <sub>.</sub>	
	DOB:			
Effective Date: School Year 20				l l
To be completed by a practit	ioner:			
Triggers: (check applicable)  □ Exercise  □ Temperature changes	☐ Respiratory infections ☐ Food	□ Animal □	dander Dust mites	□ Other
☐ Tree, grass pollens	□ Mold	☐ Strong o	odors or fumes	
GREEN ZONE: Doing Well				
Symptoms	Daily Asthma Control	Medicine	Dose	Time Given
<ul><li>No cough or wheeze</li><li>Can work or play</li><li>Sleeps all night</li><li>Breathing is good</li></ul>				
YELLOW ZONE: Having Sy Symptoms	mptoms – Use Rescue In Medicine	haler	How many puffs	When and how often to use
	weatcine		now many puns	when and now often to use
<ul> <li>Difficulty speaking</li> <li>Wheezing</li> <li>Chest tightness</li> <li>Shortness of breath</li> <li>Persistent coughing</li> </ul>				
Additional Doctor Orders (chapter Give two puffs of the inhaler Give more puffs of Sick plan: Give the inhale RED ZONE: Emergency – U	15 minutes before gym/rece of the rescue inhaler if sympt er at scheduled times when	toms have not in the student is ill	per parent/guardian di	rection
Symptoms	Medicine		<u> </u>	When and how often to use
<ul> <li>Relief inhaler did not help</li> <li>Cannot work or play, anxious</li> <li>Trouble talking, gasping</li> <li>Breathing hard &amp; fast, ribs sticking out</li> </ul>				
□ <b>YES</b> □ <b>NO</b> Student understacarry inhaler while at school ar				
PARENT/GUARDIAN SIGNAT	TURE		Phone	Date
I hereby give permission to staff desig above and authorize them to contact the staff design above and authorize them to contact the staff design above and authorize them to staff design at the staff design		se to give the above	medication to my student ac	ccording to the instructions stated
PRACTITIONER SIGNATURE Practitioner signature directs the above	e medication administration and ind	icates willingness to	Phone	Date

## YELLOW ZONE: Having Symptoms

### School staff directions:

DO NOT leave the student alone.

Remove student from any obvious trigger and escort student to health office.

Seat student in position of comfort. Do not insist s/he lie down

Give initial treatment of quick-relief medicine and allow for rest. Improvement is usually seen within 5-10 minutes after use of quick-relief medicine.

An asthma emergency is indicated by no response to treatment or worsening symptoms. Notify school nurse and parent.

## RED ZONE: Emergency – Use Rescue Inhaler; Call 911 and parent/guardian if student not better right away

#### School staff directions:

Contact parent /guardian **NOW** regarding severity of student's asthma episode and urgent need for evaluation by a health care provider.

Parent/guardian/emergency contact must arrive within 10 minutes to take student to a medical facility, or **CALL 911.** Send this Asthma Action Plan with student.

# **Rescue Inhaler Instructions**

## **HOW TO USE AN INHALER**

Stand up (or sit up straight).

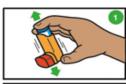
- 1. Shake the inhaler well to mix up the medicine
- **2.** Remove the cap from the inhaler. Inspect the inhaler to make sure there is nothing in it that could be accidentally inhaled.
- **3**. Inhalers must be "primed" the first time they are used and when not used for two weeks.\* Spray 4 times into the air, away from the face to ensure medication is flowing freely. Hold the inhaler upright or it will not spray correctly.
- 4. Exhale all your air out fully.
- **5**. Before inhaling, put the mouthpiece of the inhaler into your mouth over your tongue and between your teeth. Close your lips around it while tilting your head and the inhaler back slightly. Press down on the inhaler canister and breathe in slowly and deeply (over about 5 seconds) through your mouth.
- 6. Hold breath for 10 seconds.

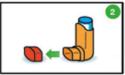
Wait 1-2 minutes between puffs.

Rinse mouth after using the inhaler.

\*Xopenex (levalbuterol) inhalers should be primed if not used for 3 days.

- **7**. Breathe in slowly and deeply (over about 5 seconds) through your mouth. Some chambers will whistle if you are breathing in too fast. If you hear a whistling sound, breathe in slower until no sound can be heard.
- 8. Hold breath for 10 seconds.
- **9**. Chambers with mask mouthpieces advise pressing the canister to fill the chamber, then slowly breathing in and out six times. Breathholding after is not required.













# HOW TO USE AN INHALER WITH A HOLDING CHAMBER

## Repeat steps 1-4 above

- **5**. Before inhaling, put the mouthpiece of the chamber into your mouth over your tongue and between your teeth. Close your lips around it while tilting your head and the inhaler back slightly.
- 6. Press down on the inhaler canister and

