



# Asthma Action Plan for Children age 6-18

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Practitioner: \_\_\_\_\_

Contact #: \_\_\_\_\_

## GREEN ZONE - GOOD | Controlled Asthma

- I can sleep through the night
- I am not missing school or activities
- I am breathing well (no cough or wheeze)
- I don't need regular reliever medicine
- I am active/ can play sports

### WHAT SHOULD I DO?

#### CONTROLLER - REDUCES AIRWAY SWELLING

| MEDICINE (COLOUR): | PUFF/DOSE | TIMES/DAY |
|--------------------|-----------|-----------|
|                    |           |           |
|                    |           |           |

Take **EVERYDAY** to control your asthma.



#### RELIEVER - USE AS NEEDED TO OPEN TIGHT AIRWAYS QUICKLY

| MEDICINE (COLOUR): | PUFF/DOSE | TIMES/DAY |
|--------------------|-----------|-----------|
|                    |           |           |

- ↓
- Getting a "cold"
  - Symptoms with activity and sports
  - Cough, shortness of breath or wheeze, especially at night
  - Using reliever medication more than 2 times a week

## YELLOW ZONE-CAUTION | Take Action - Flare Up

### WHAT SHOULD I DO?

#### KEEP TAKING CONTROLLER - REDUCES AIRWAY SWELLING

| MEDICINE (COLOUR): | PUFF/DOSE | TIMES/DAY |
|--------------------|-----------|-----------|
|                    |           |           |
|                    |           |           |

#### RELIEVER - USE AS NEEDED TO OPEN TIGHT AIRWAYS QUICKLY

| MEDICINE (COLOUR): | PUFF/DOSE | TIMES/DAY |
|--------------------|-----------|-----------|
|                    |           |           |



If reliever medicine is needed every 4 hours or if asthma symptoms are not improving after  see your practitioner.

- ↓
- Skin sucking in between ribs, or base of throat
  - Trouble walking or talking
  - Coughing or wheezing non-stop
  - Blue/grey lips or fingernails
  - If reliever medicine not lasting 4 hours**

## RED ZONE - DANGER | Take Action - Get Help

### WHAT SHOULD I DO?

#### CALL 911 or GO TO THE NEAREST EMERGENCY DEPARTMENT IMMEDIATELY

Give 5 puffs of reliever medicine using spacer every 20 minutes on the way to hospital or while waiting for help. Repeat if no improvement.



Please review this Action Plan with your practitioner **twice a year**, within 3 months of a medication change or within 2 weeks following an emergency department or hospital visit. For HealthLink BC, Dial 8-1-1.

# Goals for asthma treatment

## Triggers

Things that irritate (or bother) your airways are called triggers. Triggers make asthma flare up. Circle the triggers that make your asthma worse:



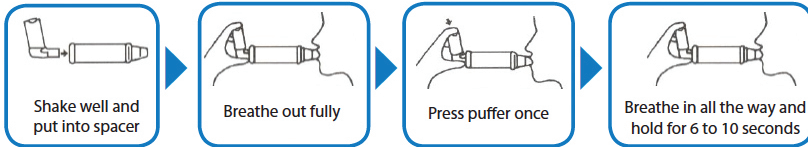
EXERCISE \_\_\_\_\_

OTHER TRIGGERS \_\_\_\_\_

**Regular exercise is good for your health.** If you have symptoms with exercise, it may mean that your asthma is not well controlled, see your action plan (other side), or see your practitioner or asthma clinic for advice.

## Knowing and using your device

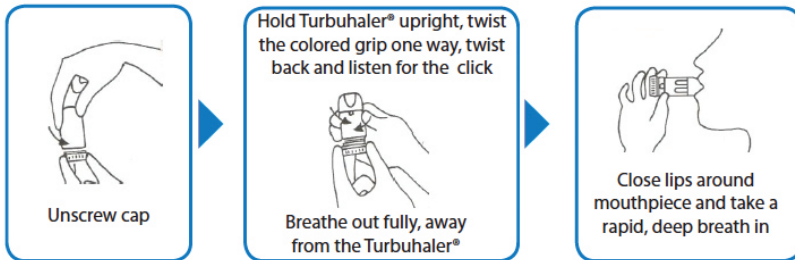
You should use a Spacer with Mouthpiece and Metered Dose Inhaler (Puffer) *Suggested age: 5 years and up\**



- If another puff is prescribed, wait 30 seconds
- Rinse mouth after use of preventer/controller
- If can't hold breath, can also breathe in and out 6-10 times

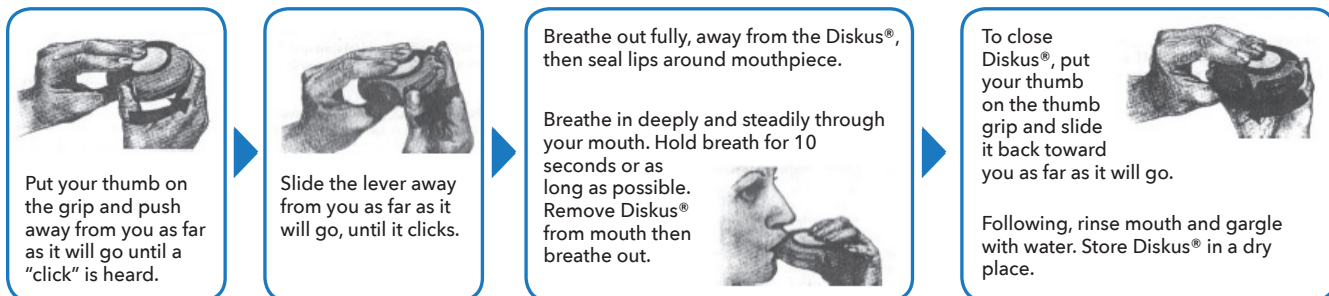
*\*If they can follow instructions to breathe deeply*

You should use a Turbuhaler® *Suggested age: 6 years and up*



- Does not require a breath hold
- Rinse mouth after use of preventer/controller (inhaled corticosteroid)
- Do not breathe out into the Turbuhaler® (moisture in your breath can clog up your device)

You should use a Diskus® *Suggested age: 6 years and up*



See [www.bcguidelines.ca](http://www.bcguidelines.ca) for more information, including the full guideline "Asthma in Children - Diagnosis and Management (2015), translated action plans (available in Chinese and Punjabi), and fillable PDF versions of the action plans with drop-down medication menus.

