

Asthma Management Plan

Oak Creek-Franklin Joint School District, Oak Creek, WI




Student Name : _____ Birthdate: _____

School: _____ Sex: M F

Emergency Contact #1: _____ Home #: _____ Work #: _____

Emergency Contact #2: _____ Home #: _____ Work #: _____

Health Care Provider: _____ Phone #: _____ Preferred Hospital: _____

1. Green = GO	Use long-term control medicine and avoid asthma triggers														
<ul style="list-style-type: none"> Breathing is good No cough or wheeze Can work and play  <p>If peak flow meter is used: Peak flow greater than _____ (80% of my personal best) My personal best peak flow is _____</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Medicine</th> <th style="width: 30%;">How much to take</th> <th style="width: 40%;">When to take it</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table> <p>20 minutes before exercise/sports, use: Albuterol / Maxair</p>	Medicine	How much to take	When to take it											
Medicine	How much to take	When to take it													
2. Yellow = CAUTION	Take quick-relief medicine to keep asthma from getting bad														
<ul style="list-style-type: none"> Cough Wheeze Tight chest Wake up at night  <p>This is not where you should be every day. Take action to get your asthma under control.</p> <p>If peak flow meter is used: _____ to _____ (50 - 79% of personal best)</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Medicine</th> <th style="width: 30%;">How much to take</th> <th style="width: 40%;">When to take it</th> </tr> </thead> <tbody> <tr> <td>Albuterol / Maxair</td> <td> </td> <td>Now and every 4 hours until back in Green zone</td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table> <p>Special Directions:</p> <p>_____</p> <p>_____</p> <p><input type="checkbox"/> One hour after starting this Yellow Zone Plan; if you are not feeling better, or if you feel worse, follow Red Zone Plan</p> <p><input type="checkbox"/> If you are still in the Yellow Zone after 12 hours of following this Yellow Zone Plan, call your doctor or clinic</p> <p><input type="checkbox"/> Pay special attention to your Trigger Control Plan</p>	Medicine	How much to take	When to take it	Albuterol / Maxair		Now and every 4 hours until back in Green zone								
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3. Red = STOP = DANGER	Get help from a doctor now!														
<ul style="list-style-type: none"> Medicine is not helping Breathing is hard and fast Nose opens wide Can't walk Ribs show Can't talk well  <p>If peak flow meter is used: Peak flow less than _____ (50% of personal best)</p>	<p>Take these medicines until you talk to the doctor:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Medicine</th> <th style="width: 30%;">How much to take</th> <th style="width: 40%;">When to take it</th> </tr> </thead> <tbody> <tr> <td>Albuterol / Maxair</td> <td> </td> <td>Now and every 20 minutes until you speak with a doctor</td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table> <p>Go to the hospital or call an ambulance if:</p> <ul style="list-style-type: none"> You are still in the red zone after 15 minutes AND You have not talked with your doctor <p style="text-align: center;">Danger Signs – CALL 911 if: Trouble walking or talking due to shortness of breath Lips or fingernails are pale blue or gray in color</p>	Medicine	How much to take	When to take it	Albuterol / Maxair		Now and every 20 minutes until you speak with a doctor								
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Albuterol / Maxair		Now and every 20 minutes until you speak with a doctor													

I agree to the above action plan and allow this information to be shared confidentially as determined by the school principal.

Signature (Parent/Guardian)

Date

Physician's Signature

Date

Physician Address

Phone/Fax #