The Pediatric/Adult Asthma Coalition of New Jersey

"Your Pathway to asthma Control"

www.pacnj.org

Asthma Action Plan

Sponsored by

AMERICAN LUNG ASSOCIATION of New Jersey

(Press Firmly)

Green means Go Zone!
Use prescribed green zone medicine.

Yellow means Caution Zone!
Add prescribed yellow zone medicine.

Red means Danger Zone!
Get help from a doctor.

The colors of a traffic light will help you use your asthma medicines.

- Go (Green)

You have all of these:
- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play

And/or Peak flow above

- Caution (Yellow)

You have any of these:
- First sign of a cold
- Exposure to known triggers
- Cough
- Mild wheeze
- Tight chest
- Coughing at night

And/or Peak flow from to

- Danger (Red)

Your asthma is getting worse fast:
- Medicine is not helping
within 15-20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Lips blue
- Fingernails blue
- Trouble walking and talking

And/or Peak flow below

Use these medicines every day.

<table>
<thead>
<tr>
<th>MEDICINE</th>
<th>HOW MUCH TO TAKE</th>
<th>WHEN TO TAKE IT</th>
</tr>
</thead>
</table>

For asthma with exercise, take:

Continue with green zone medicines and ADD:

<table>
<thead>
<tr>
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<th>WHEN TO TAKE IT</th>
</tr>
</thead>
</table>

IF QUICK RELIEVER MEDICINE IS NEEDED MORE THAN 2-3 TIMES A WEEK THEN CALL YOUR DOCTOR.

Take these medicines and call your doctor NOW!

<table>
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Get help from a doctor now! It's Important!

Asthma is a potentially life threatening illness. If you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT. Make an appointment with your primary care provider within two days of an ER visit or hospitalization.

Check all items that trigger your asthma and things that could make your asthma worse:
- Chalk dust
- Cigarette Smoke & second hand smoke
- Colds/Flu
- Dust, dust mites, stuffed animals, carpet
- Exercise
- Mold
- Ozone alert days
- Pests - rodents & cockroaches
- Pets - animal dander
- Plants, flowers, cut grass, pollen
- Strong odors, perfumes, cleaning products, scented products
- Sudden temperature change
- Wood Smoke
- Foods:
- Other:

FOR MINORS ONLY:
- This student is capable and has been instructed in the proper method of self-administering the medications named above.
- This student is not approved to self-medicate.

PHYSICIAN/APN/PA SIGNATURE PARENT/GUARDIAN SIGNATURE

PHYSICIAN STAMP

WHITE - Child Care Provider/School Nurse Copy YELLOW - Patient Copy PINK - Doctor Copy

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Approved by the New Jersey Thoracic Society, Medical Section of the American Lung Association of New Jersey

Adapted from the NYC Childhood Asthma Initiative

Adapted from the NHLBI

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Name Date of Birth Effective Date
Doctor Phone
Parent/Guardian (if applicable) Parent’s Phone
Emergency Contact Person Contact Phone

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