

ASTHMA SYMPTOM PREVENTION PLAN

GO

USE PREVENTIVE ASTHMA MEDICINE

CAUTION

ADD PRESCRIBED QUICK-RELIEF MEDICINE

If quick-relief medicine is needed more than two to three times a week, CALL YOUR CHILD'S DOCTOR.

DANGER

GET HELP FROM A DOCTOR

Breathing problems can be life threatening. If you cannot contact your child's doctor, go directly to the nearest emergency room. DO NOT WAIT! Make an appointment with your child's primary-care provider within two days of an ER visit or any hospitalization.

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Created for

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Created by

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Phone

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Effective Date of Plan

.....
Parent/Guardian

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Phone

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Emergency Contact

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Phone

Pay close attention to these asthma triggers¹:

Allergens

- Tree/Grass/Weed Pollens
- Foods
- Molds
- Animals
- Dust Mites
- Cockroaches

Irritants

- Strong Odors/Perfumes
- Paints or Varnishes
- Tobacco Smoke
- Cooking Fumes
- Household Cleaners
- Wood Smoke
- Aerosol Sprays
- Dust/Coal Dust/Chalk Dust
- Weather Changes

Other Triggers

- Colds or Viral Infections
- Reflux Disease/Heartburn
- Vigorous Activity/Exercise*
- Medications
- Prolonged Crying or Laughing
- Cold Air
- Food Additives, like sulfites

Additional Triggers:

1. American Academy of Allergy & Immunology. *Tips to Remember: Asthma triggers and management.*

Available at: <http://www.aaaai.org/patients/publicedmat/tips/asthmatriiggersandmgmt.stm>. Accessed October 20, 2006.

GO

USE THESE MEDICINES EVERY DAY

SIGNS AND SYMPTOMS

- Breathing is easy
- No coughing or wheezing
- Sleeping through the night
- Wants to eat and play
- Normal (or good) energy level
- Playful and happy

Peak Flow above: _____

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
For asthma with exercise, take		
COMMENTS:		

CAUTION

CONTINUE "GO" MEDICINES AND ADD

SIGNS AND SYMPTOMS

- First sign of a cold
- Exposure to known triggers
- Cough and/or mild wheezing
- Complaining of tight chest
- Coughing at night or waking often
- Irritable and tired

Peak Flow from _____ to _____

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
FIRST ▶		
SECOND ▶		
COMMENTS:		

DANGER

GIVE THESE MEDICINES AND CALL YOUR CHILD'S DOCTOR NOW!

SIGNS AND SYMPTOMS

- Medicine is NOT helping
- Breathing is hard and fast
- Nose opens wide as child breathes
- Ribs show as child breathes in
- Lips and/or fingernails are blue
- Trouble walking and talking
- Muscles of stomach are used when breathing

Peak Flow below: _____

EMERGENCY MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT
COMMENTS:		