

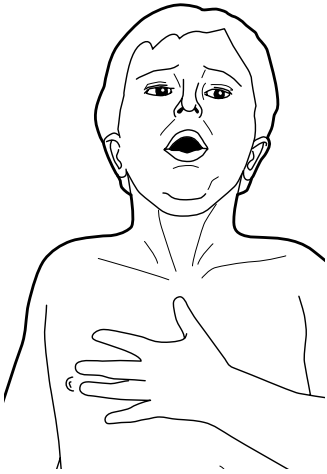


# Asthma Management Plan for Children

GO (GREEN ZONE)		Use these medicines every day:
<p>Your child has <b>all</b> of these:</p> <ul style="list-style-type: none"> <li>■ no cough or wheeze</li> <li>■ able to eat, play and sleep normally</li> <li>■ able to breathe easily.</li> </ul> <p>Peak flow above _____, which is more than 80 percent of predicted. (Predicted for _____ inches is _____.)</p>		
CAUTION (YELLOW ZONE)	Continue with GREEN ZONE medicines and <b>add</b> :	
<p>Your child has <b>any</b> of these:</p> <ul style="list-style-type: none"> <li>■ cough or wheeze</li> <li>■ problems with eating, playing or sleeping because of breathing</li> <li>■ tight chest</li> <li>■ waking at night from cough or troubles breathing</li> <li>■ heavier or fast breathing.</li> </ul> <p>Peak flow between _____ and _____, which is 60 to 80 percent of predicted. (Predicted for _____ inches is _____.)</p>		
DANGER (RED ZONE)	Take these medicines and call your doctor:	
<p>Asthma is getting worse if your child has <b>any</b> of these:</p> <ul style="list-style-type: none"> <li>■ breathing very hard or very fast</li> <li>■ unable to speak because of breathing</li> <li>■ nostrils open wide</li> <li>■ ribs show, body is hunched</li> <li>■ gasping for air and sweating</li> <li>■ anxious due to breathing</li> <li>■ rescue inhaler does not work.</li> </ul> <p>Peak flow between _____ and _____, which is less than 60 percent of predicted. (Predicted for _____ inches is _____.)</p>		

**If breathing does not improve and you can't call your health care provider, go to a hospital emergency room or call 911.**

**(over)**

## When To Call Your Child’s Health Care Provider

Call your child’s health care provider to schedule an appointment if your child:

- has had an emergency department visit or hospital stay because of asthma
- wakes up at night more than two times a month because of asthma
- uses rescue medicine more than 2 days a week to relieve asthma symptoms.

## Asthma Triggers

- animal dander
- chalk dust
- cigarette smoke and secondhand smoke
- cleaning products
- colds or influenza
- dust mites, dust, stuffed animals, carpet
- emotional upset
- exercise
- foods \_\_\_\_\_  
\_\_\_\_\_
- fumes, strong odors or perfumes
- mold
- ozone alert days
- pests (rodents, cockroaches)
- plants, flowers, cut grass, pollen
- sudden temperature change
- wood smoke

## Questions or Concerns

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