



Asthma Action Plan

Personal Best Peak Flow

Important Information	Exercise-Induced Flare Up												
Name:	Instruction for an exercise-induced flare up: Medicine: How much: When:												
Date:													
Doctor Name: Doctor Phone number:													
Emergency Contact: Emergency Phone:	Additional Instructions:												
TRIGGERS	<table border="1"> <tr> <td><input type="checkbox"/> Pollen</td> <td><input type="checkbox"/> Mould</td> <td><input type="checkbox"/> Dust mites</td> <td><input type="checkbox"/> Animals</td> <td><input type="checkbox"/> Smoke</td> <td><input type="checkbox"/> Food</td> </tr> <tr> <td><input type="checkbox"/> Exercise</td> <td><input type="checkbox"/> Cold/Flu</td> <td><input type="checkbox"/> Weather</td> <td><input type="checkbox"/> Air Pollution</td> <td><input type="checkbox"/> Other</td> <td><input type="checkbox"/></td> </tr> </table>	<input type="checkbox"/> Pollen	<input type="checkbox"/> Mould	<input type="checkbox"/> Dust mites	<input type="checkbox"/> Animals	<input type="checkbox"/> Smoke	<input type="checkbox"/> Food	<input type="checkbox"/> Exercise	<input type="checkbox"/> Cold/Flu	<input type="checkbox"/> Weather	<input type="checkbox"/> Air Pollution	<input type="checkbox"/> Other	<input type="checkbox"/>
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The GREEN Zone (also known as the safety zone)

Symptoms: <ul style="list-style-type: none"> Breathing is easy No cough or wheezing Can do usual activities Can sleep through the night 	Use the reliever medicines as listed:		
	Medicine	How much	How often / when

The ORANGE Zone (also known as the caution zone)

Symptoms: <ul style="list-style-type: none"> Some shortness of breath Cough, wheeze or chest tightness Some difficulty doing usual things Sleep disturbed by symptoms Symptoms of a cold or flu 	Continue with reliever medicines and add the following rescue medicine:		
	Medicine	How much	How often / when

Move into RED zone if reliever NOT WORKING after 5-10 minutes

The RED Zone (also known as the danger zone)

Symptoms: <ul style="list-style-type: none"> Severe breathing problems Cannot do usual activities Difficulty talking Rescue medicine is not working 	Take this medicine and call 999 now!		
	Medicine	How much	How often / when

Move into RED zone if reliever NOT WORKING after 5-10 minutes

The above information has been provided by the parents of and the information given is to the best of their knowledge, accurate at the time of writing and I give consent to School staff administering medicine in accordance with the School Medical Policy. I will inform the school immediately, in writing if there is any change in frequency or dosage of the medication or if the medicine is stopped:

Signed: Date: