

# Vermont Asthma Action Plan

Date: \_\_\_\_\_  Initial  Update

First Name:	Last Name:	DOB:
School Name:		
Provider Name:	Provider Phone #:	
Parent/Guardian Name:	Parent/Guardian Phone #:	
Emergency Contact:	Emergency Phone #:	

**Asthma Type:**

- |  |  |
|--|--|
| <input type="checkbox"/> Exercise Induced  | <input type="checkbox"/> Moderate Persistent |
| <input type="checkbox"/> Mild Intermittent | <input type="checkbox"/> Severe Persistent   |
| <input type="checkbox"/> Mild Persistent   |  |

**Allergies/Triggers:**

- |  |            |          |
|--|------------|----------|
| <input type="checkbox"/> Cigarette Smoke | Exercise   | Animals  |
| <input type="checkbox"/> Colds           | Smoke      | Cold Air |
| <input type="checkbox"/> Molds           | Dust Mites | Trees    |
| <input type="checkbox"/> Grass           | Weeds      | Stress   |
| <input type="checkbox"/> Other _____     |            |          |

Personal Best Peak Flow (PF) \_\_\_\_\_  
Flu Vaccine \_\_\_\_\_

<b>GREEN = GO</b>	<b>DAILY MEDICINE</b>																		
<p>You have <u>all</u> of these: PF above _____</p> <ul style="list-style-type: none"> <li>Breathing is good</li> <li>No cough or wheeze</li> <li>Sleep through the night</li> <li>Can work and play</li> </ul> 	<table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;"><u>Medicine</u></th> <th style="text-align: left;"><u>How Much</u></th> <th style="text-align: left;"><u>How Often/When</u></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> <tr><td>_____</td><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>_____</td></tr> </tbody> </table> <p style="background-color: #90EE90; padding: 2px;"><b>10-15 MINUTES BEFORE SPORTS OR PLAY, USE: _____</b></p>	<u>Medicine</u>	<u>How Much</u>	<u>How Often/When</u>	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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<b>YELLOW = CAUTION</b>	<b>DAILY MEDICINE</b>																		
<p>You have <u>any</u> of these: PF from _____ to _____</p> <ul style="list-style-type: none"> <li>First sign of a cold</li> <li>Cough</li> <li>Mild Wheeze</li> <li>Tight Chest</li> <li>Coughing at Night</li> </ul> 	<table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;"><u>Medicine</u></th> <th style="text-align: left;"><u>How Much</u></th> <th style="text-align: left;"><u>How Often/When</u></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> <tr><td>_____</td><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>_____</td></tr> </tbody> </table> <p style="background-color: #FFFF00; padding: 2px;"><b>IF NOT BETTER, CALL YOUR HEALTH CARE PROVIDER</b></p>	<u>Medicine</u>	<u>How Much</u>	<u>How Often/When</u>	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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<b>RED = STOP</b>	<b>TAKE THESE MEDICATIONS AND CALL YOUR HEALTHCARE PROVIDER IF YOU ARE NOT BETTER</b>																		
<p>Your asthma is getting worse fast: PF below _____</p> <ul style="list-style-type: none"> <li>Medicine is not helping</li> <li>Breathing is hard and fast</li> <li>Nose opens wide</li> <li>May/may not wheeze or cough</li> <li>Ribs show</li> <li>Can't talk well</li> </ul> 	<table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;"><u>Medicine</u></th> <th style="text-align: left;"><u>How Much</u></th> <th style="text-align: left;"><u>How Often/When</u></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> <tr><td>_____</td><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>_____</td></tr> </tbody> </table> <p style="background-color: #FF0000; color: white; padding: 5px;"><b>STOP! MEDICAL ALERT. This could be a life-threatening emergency. Get help. Your symptoms are serious. Call your doctor. You may need to go to the nearest emergency room or call 911.</b></p>	<u>Medicine</u>	<u>How Much</u>	<u>How Often/When</u>	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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_____	_____	_____																	
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I, \_\_\_\_\_ give permission to \_\_\_\_\_ to exchange  
(parent/guardian name – please print) (school/daycare/homecare name – please print)  
 information and otherwise assist in the asthma management of my child including direct communication with my child's primary care provider and administration of medication as needed  
 \_\_\_\_\_ Date \_\_\_\_\_  
(signature)

The school nurse may administer medications per this action plan: \_\_\_\_\_ Date: \_\_\_\_\_  
(provider signature)



**Other Important Instructions:**

1. *NO SMOKING*
2. No smoking in your home or car.
3. Remove known triggers from your child's environment

**Environmental Control Measures:**

- No smoking indoors, in car or anywhere around the child; for help quitting, contact your health care provider or call Vermont's Smoking Quit Line
- If dust mite allergic, put mattress, pillows, and box spring in zipped covers
- Remove bedroom rugs/carpets, stuffed animals
- Keep humidity under 50%
- Vacuum and surface dust weekly
- Keep animals out of bedroom or house
- In pollen season, keep windows closed
- Wash sheets in hot water weekly
- Other \_\_\_\_\_

**For Additional Help and Support, Please Contact:**

The American College of Allergy, Asthma, and Immunology 800/822-2762, [www.acaai.org](http://www.acaai.org)

Asthma and Allergy Network/Mothers of Asthmatics, 800/878-4403, [www.aanma.org](http://www.aanma.org)

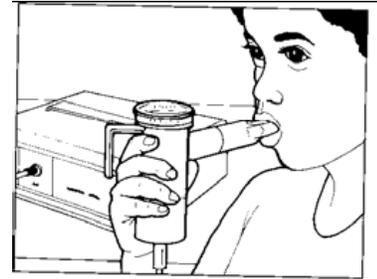
National Jewish Center's Lung Line, 800/222-5864 [www.nationaljewish.org](http://www.nationaljewish.org)

American Lung Association, 800/LUNGUSA, (1-800-586-4872); [www.lungusa.org](http://www.lungusa.org)

Vermont's Smoking Quit Line, 877/YES QUIT (1-877-937-7848)

**Medication Tips**

- ☪ Have a routine for taking your medications
- ☪ Always use a spacer for inhalers/puffers
- ☪ Know how much medication is left in your inhaler
- ☪ Have a plan to refill medications each month
- ☪ Keep your medication in a safe place, away from small children
- ☪ Rinse your mouth after using inhaled controller Medications



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**Peak Flow Chart**

Children over the age of six may be given peak flow meters to monitor their asthma. Parents of children under age six should use symptoms to determine the child's zone.

Personal Best Peak Flow \_\_\_\_\_ Date \_\_\_\_\_

Personal Best - 100%	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240
Yellow - 80%	80	90	95	105	110	120	130	135	145	150	160	170	175	185	190
Red - 50%	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120

Personal Best - 100%	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390
Yellow - 80%	200	210	215	225	230	240	250	255	265	270	280	290	295	305	310
Red - 50%	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195

Personal Best - 100%	400	420	440	460	480	500	520	540	560	580	600	620	640	660	680	700
Yellow - 80%	325	335	350	370	385	400	415	430	450	465	480	495	510	535	545	560
Red - 50%	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350

For more copies of this form contact The Vermont Department of Health, P.O. Box 70, Burlington, VT 05402, 802-863-7514 or fax request to 802-651-1634.