

SuperKids Asthma Initiative

Asthma Action Plan

Name: _____ Date: _____

Emergency Contact: _____

Personal Best or Predicted Peak Flow: _____

Know Your Asthma Zones

Green Zone: All Clear! Use your daily controller medicines

You have *all* of these:

- Breathing is good
- No cough, wheeze or tight chest

Peak Flow:

from

to

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

For asthma with exercise, take:

Yellow Zone: Caution! Continue with Green Zone medicine and add:

You have *any* of these:

- Coughing, wheezing, chest tightness, shortness of breath
- Waking at night due to any asthma symptoms
- You can do some, but not all of your usual activities

Peak Flow:

from

to

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

Call your asthma care provider:

Red Zone: Medical Alert! Take these medicines and call your doctor now.

Your asthma is getting worse fast. Take immediate action.

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Trouble speaking
- Ribs show

Peak Flow:

reading below

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

GET HELP FROM A DOCTOR NOW! Your doctor will want to see you right away. It's important! If you are having trouble walking and talking due to shortness of breath, or if your lips or fingernails are blue, take your quick-relief medicine AND go to the hospital or call 911 NOW! DO NOT WAIT.

Make an appointment with your asthma care provider within two days of an ER visitor hospitalization.

Childhood Asthma Control Test for children 4 to 11 years.

How to take the Childhood Asthma Control Test


- ▶ **Step 1** Let your child respond to **the first four questions (1 to 4)**. If your child needs help reading or understanding the question, you may help, but let your child select the response. Complete the remaining **three questions (5 to 7)** on your own and without letting your child's response influence your answers. There are no right or wrong answers.
- ▶ **Step 2** Write the number of each answer in the score box provided.
- ▶ **Step 3** Add up each score box for the total.
- ▶ **Step 4** Take the test to the doctor to talk about your child's total score.

19
or less

If your child's score is 19 or less, it may be a sign that your child's asthma is not controlled as well as it could be. No matter what the score, bring this test to your doctor to talk about your child's results.

Have your child complete these questions.

1. How is your asthma today?





 0 Very bad	 1 Bad	 2 Good	 3 Very good
---	--	---	--

SCORE

2. How much of a problem is your asthma when you run, exercise or play sports?

 0 It's a big problem, I can't do what I want to do.	 1 It's a problem and I don't like it.	 2 It's a little problem but it's okay.	 3 It's not a problem.
--	--	---	--

3. Do you cough because of your asthma?

 0 Yes, all of the time.	 1 Yes, most of the time.	 2 Yes, some of the time.	 3 No, none of the time.
---	--	--	---

4. Do you wake up during the night because of your asthma?

 0 Yes, all of the time.	 1 Yes, most of the time.	 2 Yes, some of the time.	 3 No, none of the time.
--	---	---	--

Please complete the following questions on your own.

5. During the last 4 weeks, how many days did your child have any daytime asthma symptoms?

5 Not at all	4 1-3 days	3 4-10 days	2 11-18 days	1 19-24 days	0 Everyday
------------------------	----------------------	-----------------------	------------------------	------------------------	----------------------

6. During the last 4 weeks, how many days did your child wheeze during the day because of asthma?

5 Not at all	4 1-3 days	3 4-10 days	2 11-18 days	1 19-24 days	0 Everyday
------------------------	----------------------	-----------------------	------------------------	------------------------	----------------------

7. During the last 4 weeks, how many days did your child wake up during the night because of asthma?

5 Not at all	4 1-3 days	3 4-10 days	2 11-18 days	1 19-24 days	0 Everyday
------------------------	----------------------	-----------------------	------------------------	------------------------	----------------------

TOTAL

