

Asthma Action Plan for Children age 6-18

Name:	Date:	
Practitioner:	Contact #:	
GREEN ZONE - GOOD Controlled Asthma		
☐ I can sleep through the night ☐ I am not missing scl☐ I don't need regular reliever medicine ☐ I am active/ can play	_	well (no cough
WHAT SHOULD I DO? CONTROLLER - REDUCES AIRWAY SWELLING MEDICINE (COLOUR):		Take EVERYDAY to control your asthma.
RELIEVER - USE AS NEEDED TO OPEN TIGHT AIRWAYS QUICKLY MEDICINE (COLOUR):	PUFF/DOSE TIMES/DAY Up to every 4 hours as needed	
☐ Getting a "cold" ☐ Cough, shortness of breath or wheeze, especial YELLOW ZONE-CAUTION Take Action - Flare		
WHAT SHOULD I DO? KEEP TAKING CONTROLLER - REDUCES AIRWAY SWELLING MEDICINE (COLOUR):	PUFF/DOSE TIMES/DAY	If reliever medicine is
RELIEVER - USE AS NEEDED TO OPEN TIGHT AIRWAYS QUICKLY MEDICINE (COLOUR):	PUFF/DOSE TIMES/DAY Up to every 4 hours as needed	needed every 4 hours or if asthma symptoms are not improving after 1 day
 Skin sucking in between ribs, or base of throat Coughing or wheezing non-stop If reliever medicine not lasting 4 hours 	□ Trouble walking or talking □ Blue/grey lips or fingernails	see your practitioner.
RED ZONE - DANGER Take Action - Get Help	Q	
WHAT SHOULD I DO?		55

Please review this Action Plan with your practitioner **twice a year**, within 3 months of a medication change or within 2 weeks following an emergency department or hospital visit. For HealthLink BC, Dial 8-1-1.

Give 5 puffs of reliever medicine using spacer every 20 minutes on the way to hospital or while waiting for help.

CALL 911 or GO TO THE NEAREST EMERGENCY DEPARTMENT IMMEDIATELY

Repeat if no improvement.

Goals for asthma treatment

Triggers

Things that irritate (or bother) your airways are called triggers. Triggers make asthma flare up. Circle the triggers that make your





















EXERCISE

DANDER

MITES

OTHER TRIGGERS

Regular exercise is good for your health. If you have symptoms with exercise, it may mean that your asthma is not well controlled, see your action plan (other side), or see your practitioner or asthma clinic for advice.

Knowing and using your device

You should use a Spacer with Mouthpiece and Metered Dose Inhaler (Puffer)

Suggested age: 5 years and up*









- If another puff is prescribed, wait 30 seconds
- Rinse mouth after use of preventer/controller
- If can't hold breath, can also breathe in and out 6-10 times

*If they can follow instructions to breathe deeply

You should use a Turbuhaler®







Close lips around mouthpiece and take a rapid, deep breath in

Suggested age: 6 years and up

- Does not require a breath hold • Rinse mouth after use of preventer/controller (inhaled corticosteriod)
- Do not breathe out into the Turbohaler® (moisture in your breath can cloq up your device)

You should use a Diskus®



Put your thumb on the grip and push away from you as far as it will go until a "click" is heard.



from you as far as it will go, until it clicks.

Breathe out fully, away from the Diskus®, then seal lips around mouthpiece.

Breathe in deeply and steadily through your mouth. Hold breath for 10 seconds or as long as possible.

Remove Diskus® from mouth then breathe out.

Suggested age: 6 years and up

To close Diskus®, put your thumb on the thumb grip and slide it back toward you as far as it will go.



Following, rinse mouth and gargle with water. Store Diskus® in a dry

See www.bcguidelines.ca for more information, including the full guideline "Asthma in Children -Diagnosis and Management (2015), translated action plans (available in Chinese and Punjabi), and fillable PDF versions of the action plans with drop-down medication menus.

