



# Asthma Action Plan for Children age 1-5

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Practitioner: \_\_\_\_\_

Contact #: \_\_\_\_\_

## GREEN ZONE - GOOD | Controlled Asthma

- NO COUGH or WHEEZE with play, crying, or in the night
- Not missing daycare/preschool
- Parents are not missing work

### WHAT SHOULD I DO?

#### CONTROLLER - REDUCES AIRWAY SWELLING

MEDICINE (COLOUR):	PUFF/DOSE	TIMES/DAY

Take **EVERYDAY** to prevent asthma symptoms.



- Getting a "cold"
- Cough, wheeze or shortness of breath, especially at night
- Symptoms with play or normal activity

## YELLOW ZONE - CAUTION | Take Action - Flare Up

### WHAT SHOULD I DO?

#### KEEP TAKING CONTROLLER - REDUCES AIRWAY SWELLING

MEDICINE (COLOUR):	PUFF/DOSE	TIMES/DAY

#### USE RELIEVER AS NEEDED - OPENS TIGHT AIRWAYS QUICKLY

MEDICINE (COLOUR):	PUFF/DOSE	TIMES/DAY



If reliever medicine is needed every 4 hours or if asthma symptoms are not improving after  see your practitioner.



- Skin sucking in between ribs
- Coughing or wheezing non-stop
- If blue or grayish in colour
- If reliever medicine not lasting 4 hours**
- Skin at throat sucking in
- Very tired or limp

## RED ZONE - DANGER | Take Action - Get Help

### WHAT SHOULD I DO?

#### CALL 911 or GO TO THE NEAREST EMERGENCY DEPARTMENT IMMEDIATELY

Give 5 puffs of reliever medicine using spacer (with mask) every 20 minutes on the way to hospital or while waiting for help. Repeat if no improvement.



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.

# Goals for asthma treatment

## Triggers

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



EXERCISE \_\_\_\_\_

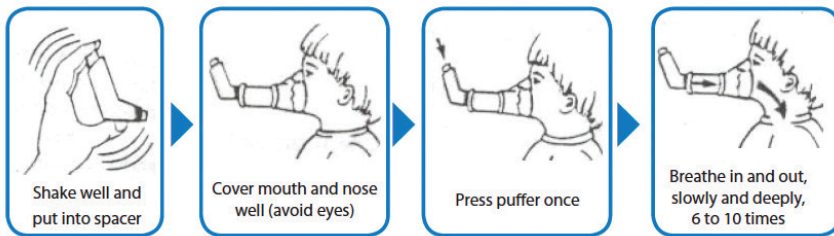
OTHER TRIGGERS \_\_\_\_\_

**Regular play and exercise is good for your child's health.** If your child has symptoms with exercise, it may mean that his/her asthma is not well controlled; see your action plan (other side) or see your practitioner or asthma clinic for advice.

## Knowing and using your child's device

Your child should use a Spacer with Mask and a Metered Dose Inhaler (Puffer)

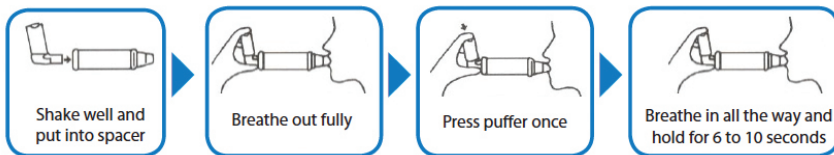
*Suggested age:* infant and child less than 5 years of age (or anyone unable to use a spacer with mouthpiece)



- If another puff is prescribed, wait 30 seconds
- Rinse mouth and wash face after use of preventer/controller

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

*Suggested age:* 5 years and up, if they can follow instructions to breathe deeply



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

See [www.bcguidelines.ca](http://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.