



Your child's asthma action plan

The colors of the traffic light will help your child use asthma medicines. Take this form to your child's doctor to fill out. Then make two copies. Keep the original. Give one copy to your child's doctor and one to your child's school.

Name _____ Date of birth _____ Effective date _____ to _____
Doctor _____ Phone _____ Parent or guardian _____ Phone _____
Child is able to self-medicate Yes or No Doctor's signature _____

GREEN ZONE means GO.

You have ALL of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work or play
- Peak flow above:

Use these medicines every day.

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____

For asthma with exercise, take:

YELLOW ZONE means CAUTION.

You have ANY of these symptoms:

- First sign of a cold
- Exposure to known trigger
- Cough
- Mild wheeze
- Tight chest
- Coughing at night
- Peak flow from: to

Continue with GREEN ZONE medicine and ADD:

Medicine	How much to take	When to take it
First >	_____	_____
Next >	_____	_____

If a quick-relief or YELLOW ZONE medicine is needed more than two to three times a week, call your doctor.

RED ZONE means DANGER!

Your asthma is getting worse fast:

- Medicine is not helping within 15 to 20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Lips and/or fingernails are blue
- Trouble walking and talking
- Peak flow below:

Take these medicines and call your doctor.

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____

Get help from a doctor now. Your doctor will want to see your child right away. It is important.

If you cannot contact your child's doctor, go directly to the emergency room. DO NOT WAIT. Make an appointment with your child's primary care physician within two days of an ER visit or hospitalization.



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