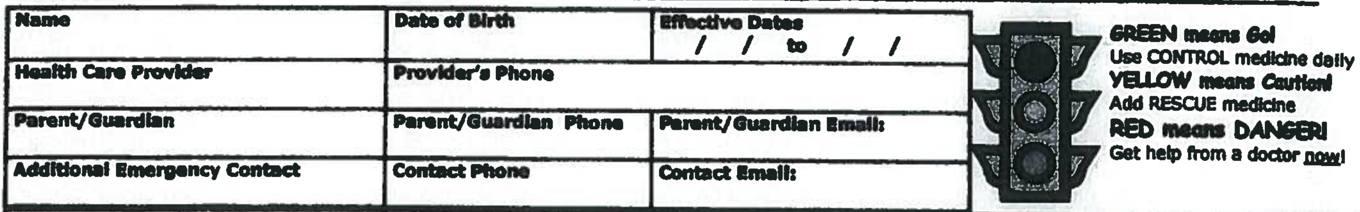
Virginia Asthma Action Plan

School Division: ____



Name	Date of Birth	Effective Dates / / to / /
Health Care Provider	Provider's Phone	
Parent/Guardian	Parent/Guardian Phone	Parent/Guardian Email:
Additional Emergency Contact	Contact Phone	Contact Email:

Asthma Severity	Asthma Triggers (Things that make your asthma worse)	Last Flu Shot:	Pneumonia Shot:
☐ Intermittent *or* Persistent: ☐ Mild ☐ Moderate ☐ Severe	☐ Colds ☐ Smoke (tobacco, incense) ☐ Pollen ☐ Dust ☐ Animals:__________ ☐ Strong odors ☐ Mold/moisture ☐ Pests (rodents, cockroaches) ☐ Stress/Emotions ☐Exercise ☐Gastroesophageal reflux ☐ Season (circle):Fall, Winter, Spring, Summer ☐ Other:______________________________	/ /	/ /

Green Zone: Go! — Take these CONTROL (PREVENTION) Medicines EVERY Day

You have **ALL** of these:

- Breathing is easy
- No cough or wheeze
- Can work and play
- Can sleep all night

Peak flow in this area:
_______ to _______
(More than 80% of Personal Best)
Personal best peak flow:_________

☐ No control medicines required. **Always rinse mouth after using your daily inhaled medicine.**

☐ ______________________________, _____ puff (s) MDI with Spacer ___ times a day
Inhaled Corticosteroid or Inhaled corticosteroid/long-acting β-agonist

☐ ______________________________, _____ nebulizer treatment (s) ___ times a day
Inhaled Corticosteroid

☐ ______________________________, take _____ by mouth once daily at bedtime
Leukotriene antagonist

For asthma with exercise, ADD:

☐ ______________________________, ______ puffs with spacer 15 minutes before exercise
Fast acting Inhaled β-agonist

For nasal/environmental allergy, ADD:

☐ ______________________________, use ______ spray (s) per nostril ______ times a day
Nasal corticosteroid

Yellow Zone: Caution! — Continue CONTROL Medicines and ADD RESCUE Medicines

You have **ANY** of these:

- First sign of a cold
- Cough or mild wheeze
- Tight chest
- Problems sleeping, working, or playing

Peak flow in this area:
_______ to _____
(60%-80% of Personal Best)

☐ ____________________, _____ puffs with spacer every _____ hours as needed
Inhaled β-agonist

☐ ____________________, _____ nebulizer treatment (s) every _____ hours as needed
Inhaled β-agonist

☐ Other ____

Call your Healthcare Provider if you need rescue medicine for more than 24 hours or two times a week, or if your rescue medicine doesn't work

Red Zone: DANGER! — Continue CONTROL & RESCUE Medicines and GET HELP!

You have **ANY** of these:

- Can't talk, eat, or walk well
- Medicine is not helping
- Breathing hard and fast
- Blue lips and fingernails
- Tired or lethargic
- Ribs show

Peak flow in this area:
______ to _____
(Less than 60% of Personal Best)

☐ ____________________, ___ puffs with spacer **every 15 minutes**, for **THREE** treatments
Inhaled β-agonist

☐ ____________________, ___ nebulizer treatment **every 15 minutes**, for **THREE** treatments
Inhaled β-agonist

Call your doctor while administering the treatments.

☐ Other____

IF YOU CANNOT CONTACT YOUR DOCTOR:
Call 911 for an ambulance,
or go directly to the Emergency Department!

SCHOOL MEDICATION CONSENT AND HEALTH CARE PROVIDER ORDER FOR CHILDREN/YOUTH
CHECK ALL THAT APPLY:

____ Student has been instructed in the proper use of all of his/her asthma medications, and in my opinion, CAN CARRY AND SELF-ADMINISTER HIS or HER INHALER AT SCHOOL.

____ Student is to notify his/her designated school health officials after using inhaler at school.

____ Student needs supervision or assistance to use his/her inhaler.

____ Student should NOT carry his/her inhaler while at school.

MD/NP/PA SIGNATURE: ______________________________ DATE________

REQUIRED SIGNATURES:

I give permission for school personnel to follow this plan, administer medication and care for my child and contact my provider if necessary. I assume full responsibility for providing the school with prescribed medication and delivery/monitoring devices. I approve this Asthma Management Plan for my child.

PARENT/GUARDIAN ______________________________ Date ______

SCHOOL NURSE/DESIGNEE ____________________________ Date ______

OTHER ___________________________________ Date ______

Virginia Asthma Action Plan approved by the Virginia Asthma Coalition (VAC) 4/11
Based on NAEPP Guidelines and modified with permission from the D.C. Asthma Action Plan via District of Columbia Department of Health, DC Control Asthma Now, and District of Columbia Asthma Partnership

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