

STANDARD ASTHMA ACTION PLAN

IF YOU SEE THIS: MILD SYMPTOMS

- DOING WELL
- Breathing is GOOD. No cough or wheeze. Can work and play.

DO THIS:

- USE INHALER IF PRESCRIBED FOR STANDARD USE BEFORE EXERCISE.

IF YOU SEE THIS: MODERATE SYMPTOMS

- PROBLEMS BREATHING. Cough, wheezing or chest tight. Problems working or playing.

DO THIS:

- CALL NURSE OR SEND TO NURSE'S OFFICE WITH A BUDDY.
- Use albuterol INHALER or nebulizer or (may use stock Albuterol if available).

IF YOU SEE THIS: SEVERE SYMPTOMS

- Symptoms not resolving after inhaler.
- Symptoms severe enough that student has trouble talking/walking and symptoms not resolving after 15 minutes of using inhaler. Lips turning blue.

DO THIS

- CALL NURSE /CALL 911, USE ALBUTEROL INHALER OR NEBULIZER (may use stock Albuterol if available).
- CALL PARENTS

Parent Signature: _____

Any additional instructions in narrative form:
