

# Asthma Action Plan

## Single Maintenance and Reliever Therapy (SMART)

## Green Zone: Doing Well

- No signs of asthma
- Able to do normal activities
- No problems while sleeping

\* Rinse mouth after this medicine

**Give every day:**

**MEDICINE:**

## HOW MUCH:

**WHEN:**

(steroid/formoterol inhaler)

## Yellow Zone: Watch Out

- Cold symptoms
- Coughing
- Wheezing
- Funny feeling in the chest

Child's first sign:

**MEDICINE:**

## HOW MUCH:

**WHEN:**

Repeat in five minutes, if needed

(steroid/formoterol inhaler)

**Call your doctor or nurse if:**

- You are not back in the Green Zone after one hour.
- Inhaler is needed more than every four hours.
- You are in the Yellow Zone more than 24 hours.
- More than \_\_\_\_ puffs of steroid/formoterol inhaler are needed in 24 hours, including Green Zone doses.

**If under 12 years old, no more than eight puffs in 24 hours.**

**If 12 years or older, no more than 12 puffs in 24 hours.**

If steroid/formoterol inhaler is not available, two to four puffs of albuterol OR one nebulizer up to three times in the first hour, then every four hours as needed.

**Keep taking Green Zone medicines.**

## Red Zone: EMERGENCY

### Late signs of asthma:

- Tightness in the chest or constant coughing
- Breathing hard or fast
- Using neck or stomach muscles to breathe
- Trouble talking or walking
- Vomiting
- Blue lips or nails

**MEDICINE:**

## HOW MUCH:

**WHEN:**

4 puffs

Immediately

(steroid/formoterol inhaler)

**Call 911 or go to the nearest Emergency Department.**

**Call your child's provider when you can.**

If steroid/formoterol inhaler is not available, give six puffs of albuterol  
OR one nebulizer treatment.

RN/MD signature

Date \_\_\_\_\_

Provider name

Provider number