



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

Patient DOB: \_\_\_\_\_

Date of Plan: \_\_\_\_\_

## ASTHMA ACTION PLAN

ASTHMA SEVERITY:  Intermittent  Mild Persistent  Moderate Persistent  Severe Persistent

MY DAILY/CONTROLLER MEDICINE(S) IS/ARE: \_\_\_\_\_

MY RESCUE/AS NEEDED INHALER IS (CHECK ONE):  OK for child to carry own inhaler at school

Albuterol (ProAir®, Proventil®, Ventolin®) 2-4 puffs every 4 hours as needed

Levalbuterol (Xopenex®) 2-4 puffs every 4 hours as needed

Budesonide-Albuterol (AirSupra®) 2 puffs as needed, up to 12 total puffs per day

\*Budesonide-Formoterol (Symbicort®, Breyna®)  80-4.5mcg  160-4.5mcg 1-2 puffs as needed

\*Mometasone-Formoterol (Dulera®)  50-5mcg  100-5mcg  200-5mcg 1-2 puffs as needed

\*Maximum dose per day of budesonide-formoterol or mometasone-formoterol is 8 puffs if <12yo, 12 puffs if ≥12yo

### GREEN ZONE

- BREATHING IS GOOD
- NO COUGH OR WHEEZE
- CAN WORK AND PLAY
- CAN SLEEP THROUGH THE NIGHT

Take daily/controller medicine, if listed above \_\_\_\_\_ puff(s) \_\_\_\_\_ time(s) per day

Take rescue inhaler as needed for shortness of breath, cough, or wheeze, or 10-15 minutes before exercise

### YELLOW ZONE

- FIRST SIGNS OF A COLD
- COUGH
- MILD WHEEZE
- TIGHT CHEST
- COUGHING AT NIGHT OR WITH WORK/PLAY

Continue daily/controller medicine, as per green zone, if applicable

Take rescue inhaler or nebulizer 4 times per day for 3-5 days, plus as needed, up to maximum listed above

Other:

Call our office if not getting better in 2-3 days, or if exceeding frequency recommended for reliever therapy

### RED ZONE

- BREATHING IS HARD/FAST - TROUBLE WALKING OR TALKING
- SKIN PULLING AT RIBS
- LIPS/FINGERNAILS BLUE
- DROWSINESS
- RELIEVER NOT WORKING

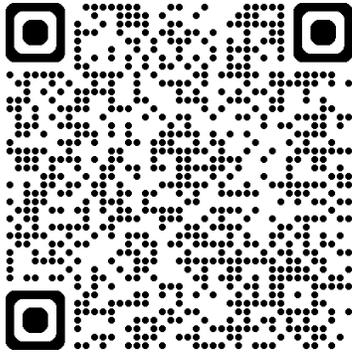
Take rescue inhaler 2-4 puffs or nebulizer every 15 minutes x 2

**Get medical care now!** Go to urgent care, emergency room, or call 911

Contact our office after you have recovered to schedule follow up and discuss changes to your medications

Parent/Guardian Signature: \_\_\_\_\_ Provider Signature: \_\_\_\_\_

# HOW TO USE YOUR INHALERS



Scan the QR code or go to <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/treatment/devices> to watch videos on inhaler technique

**\*\*Any patient of any age with a metered dose inhaler (MDI) should use a spacer\*\***  
If you are not sure if your inhaler is an MDI, see above link/QR code to identify your inhaler

American Lung Association Website

## HOW TO USE YOUR SPACER

### What is a spacer?

A spacer is used with an inhaler to help deliver asthma medicine to the small airways in the lungs. By using a spacer with an inhaler, side effects from medicines can be less.

### How do I use my spacer with an inhaler?

1. Sit upright and remove the caps from the inhaler and the spacer
2. Shake the inhaler well, and then place it into the open end of the spacer
3. Tilt your head back slightly and breathe out all the way
4. Seal your lips around the spacer mouthpiece.
5. Press the inhaler to release 1 puff as you breathe in slowly and deeply for 3 to 5 seconds, making sure the spacer does not make a whistling sound.
6. Hold your breath for 10 seconds or as long as you can. Then remove the spacer from your mouth and blow out slowly. If you are not able to take a single deep breath, you may take 3 or 4 slow deep breaths.
7. If a second puff is ordered, repeat steps 3-6.

### How do I use my spacer with facemask with an inhaler?

1. Sit upright and remove the caps from the inhaler and the spacer.
2. Shake the inhaler well, and then place it into the open end of the spacer
3. Support the patient in a sitting position with the patient's chin tilted up slightly.
4. Gently place the mask around the patient's mouth and nose. Press the inhaler once to release a puff of medicine into the spacer. As the patient breathes in and out, you should see the flap valve inside the spacer open slightly with each breath. Have the patient take 6 breaths.
5. Remove the mask from your child's face. Follow steps 2-4 if extra puffs are ordered.

### How do I clean the spacer?

1. Once a week, wash the spacer with dish soap and warm water.
2. Rinse with warm water and air dry on a towel.
  - Depending on your spacer type, you may also be able to wash it on the top rack of a dishwasher.
  - Spacers are usually replaced once a year.

### Why does my spacer make a noise?

1. Close the lips around the mouthpiece of the spacer so air does not escape.
2. Inhale slowly. A whistle sound made when using a spacer means the inhalation is too fast.