

Asthma Action Plan for Children age 6-18

Practitioner:			
Tractitioner.	Contact #		
GREEN ZONE - GOOD Controlled Asthma			
☐ I can sleep through the night ☐ I am not missing scho☐ I don't need regular reliever medicine ☐ I am active/ can play s		□ I am breathir or wheeze)	ng well (no cough
WHAT SHOULD I DO? CONTROLLER - REDUCES AIRWAY SWELLING MEDICINE (COLOUR):	PUFF/DOSE	TIMES/DAY	Take EVERYDAY to control your asthma.
RELIEVER - USE AS NEEDED TO OPEN TIGHT AIRWAYS QUICKLY MEDICINE (COLOUR):	PUFF/DOSE	TIMES/DAY	
☐ Getting a "cold" ☐ Cough, shortness of breath or wheeze, especially YELLOW ZONE-CAUTION Take Action - Flare Up	y at night □ Úsi	mptoms with acting reliever med	
WHAT SHOULD I DO? KEEP TAKING CONTROLLER - REDUCES AIRWAY SWELLING MEDICINE (COLOUR):	PUFF/DOSE	TIMES/DAY	If reliever medicine is
RELIEVER - USE AS NEEDED TO OPEN TIGHT AIRWAYS QUICKLY MEDICINE (COLOUR):	PUFF/DOSE	TIMES/DAY	needed every 4 hours or if asthma symptom are not improving after
	⊐ Trouble walking ⊐ Blue/grey lips o		see your practitioner.
RED ZONE - DANGER Take Action - Get Help	9		
WILLIAM CHOLLING L DOG			

Please review this Action Plan with your practitioner **twice a year**, within 3 months of a medication change or within 2 weeks following an emergency department or hospital visit. For HealthLink BC, Dial 8-1-1.

Give 5 puffs of reliever medicine using spacer every 20 minutes on the way to hospital or while waiting for help.

CALL 911 or GO TO THE NEAREST EMERGENCY DEPARTMENT IMMEDIATELY

Repeat if no improvement.

Goals for asthma treatment

Triggers

Things that irritate (or bother) your airways are called triggers. Triggers make asthma flare up. Circle the triggers that make your asthma worse:



EXERCISE



















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OTHER TRIGGERS

Regular exercise is good for your health. If you have symptoms with exercise, it may mean that your asthma is not well controlled, see your action plan (other side), or see your practitioner or asthma clinic for advice.

Knowing and using your device

DANDER

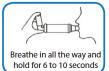
You should use a Spacer with Mouthpiece and Metered Dose Inhaler (Puffer)

Suggested age: 5 years and up*









- If another puff is prescribed, wait 30 seconds
- Rinse mouth and wash face after use of preventer/controller
- If can't hold breath, can also breathe in and out 6-10 times

*If they can follow instructions to breathe deeply

You should use a Turbuhaler®







Close lips around mouthpiece and take a rapid, deep breath in

Suggested age: 6 years and up

- Does not require a breath hold
 Rinse mouth after use of preventer/controller (inhaled corticosteriod)
- Do not breathe out into the Turbohaler® (moisture in your breath can cloq up your device)

You should use a Diskus®



Put your thumb on the grip and push away from you as far as it will go until a "click" is heard.



from you as far as it will go, until it clicks.

Breathe out fully, away from the Diskus®, then seal lips around mouthpiece.

Breathe in deeply and steadily through your mouth. Hold breath for 10 seconds or as long as possible. Remove Diskus®

from mouth then

breathe out.



Suggested age: 6 years and up

To close
Diskus®, put
your thumb
on the thumb
grip and slide
it back toward
you as far as it will go.

Following, rinse mouth and gargle with water. Store Diskus® in a dry place.

See **www.bcguidelines.ca** for more information, including the full guideline "Asthma in Children - Diagnosis and Management (2015), translated action plans (available in Chinese and Punjabi), and fillable PDF versions of the action plans with drop-down medication menus.

