

# Pediatric Asthma Action Plan (1-12 years of age)

B R E A T H E  
the lung association

Name

Date

*Review with your healthcare provider at every visit*

- » **Remember!** Always remain on your green zone medication, even if you are having no symptoms of asthma.
- » Following this plan will help you lead an active and healthy life with asthma
- » This Asthma Action Plan outlines steps for you\* to self-manage asthma when you/your child start(s) having symptoms. Your healthcare provider might also change you/your child's usual asthma treatment according to the level of asthma control over time. Review all symptoms and this plan regularly with the healthcare provider.

*\* 'you' refers to the child who has asthma.*



## GO: Maintain Therapy

### GREEN ZONE

**Description** You/your child has all of the following:

- » Use of reliever puffer no more than 2 times per week
- » Daytime symptoms (cough, wheeze, trouble breathing, or tight chest and rapid breathing for infants/toddlers) no more than 2 days per week
- » Ability to do physical activity (play, run) or sports without difficulty
- » No symptoms of a cold
- » No nighttime asthma symptoms
- » No missed regular activities or school
- » Peak Flow  $\geq 90\%$  personal best, or >
- » Other

#### Instructions

Medication	Puffer Name/ Colour	Dose/ Strength	Puffs	When to Take	Medication	Puffer Name/ Colour	Dose/ Strength	Puffs	When to Take
<b>Reliever</b> stops asthma symptoms					<b>Controller</b> works to prevent asthma symptoms when taken daily				

Other

Follow Yellow Zone instructions if needed more than twice a week.



## CAUTION: Step Up Therapy

### YELLOW ZONE

**Description** You/your child has any of the following:

- » Use of reliever puffer more than 2 times per week
- » Daytime symptoms (cough, wheezing, trouble breathing, rapid breathing, tight chest) more than 2 days per week
- » Difficulty with physical activity (play, run) or sports. For pre-school aged children, also watch out for difficulty laughing or crying.
- » Asthma symptoms 1 or more nights a week
- » Missing regular activities or school
- » Symptoms of a cold
- » Peak Flow: 60-90% personal best, or  to
- » Other

#### Instructions

- Take  reliever  puffs up to every 4 hours as needed, and:
  - colour/medication*
- Continue to take your green zone medication.
- Add  for  days.
- Follow **Red Zone** instructions if:
  - » Symptoms are getting worse
  - » Reliever does not work for at least 4 hours
  - » No improvement within 2 days



## STOP: Get Help Now

### RED ZONE

**Description** You/your child has any of the following:

- » Reliever puffer lasts less than 4 hours
- » "Pulling in" of skin in the neck/between or below ribs
- » Feeling very short of breath
- » Difficulty talking
- » Continuous wheeze or cough
- » Other: **Yellow Zone** treatment does not help

#### Instructions



- Take  reliever 4-6 puffs every 15-20 minutes, and:
  - colour/medication*
- Call or go directly to the emergency department.
- Bring this asthma action plan with you to the emergency department

**Asthma symptoms can get worse quickly. Asthma can be a life-threatening illness - do not wait!**

# Simple Ways to Take Care of Your Asthma

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- Know your medication and how and when to take it.
- Take controller medications every day.
- Always have your reliever medication with you.
- Pay attention to your asthma symptoms.
- Follow this action plan.
- After any emergency room visit, schedule a follow-up appointment with your healthcare provider within 2 - 7 days.
- Use a spacer (holding chamber) with controller metered dose inhaler (spray). Younger children should use spacer with reliever. Older children may be able to use reliever ONLY without spacer with training.
- Avoid triggers (see next page).

Asthma Trigger	Take Action!
<p><b>Colds</b> These are the most common trigger for children.</p>	<ul style="list-style-type: none"> <li>• Wash your hands often.</li> <li>• Stay away from people who have the flu when you can.</li> </ul>
<p><b>Flu</b> This can cause asthma to flare up into the <b>Yellow Zone</b> or worse.</p>	<ul style="list-style-type: none"> <li>• Stay away from people who have flu symptoms when you can.</li> <li>• Get your flu shot every year.</li> </ul>
<p><b>Smoking</b> Tobacco smoke makes asthma hard to control.</p>	<ul style="list-style-type: none"> <li>• Stay away from tobacco smoke.</li> <li>• Protect your lungs. Don't smoke tobacco or cannabis. Don't vape.</li> </ul>
<p><b>Air Quality</b> Indoor and outdoor air quality can make asthma flare up into the <b>Yellow Zone</b>.</p> 	<p><b>Outdoor Air Quality (Smog):</b></p> <ul style="list-style-type: none"> <li>• Do not exercise or play hard on bad air days if you can. You can find air quality information at <a href="https://weather.gc.ca/airquality/pages/index_e.html">https://weather.gc.ca/airquality/pages/index_e.html</a>.</li> </ul> <p><b>Indoor Air Quality:</b></p> <ul style="list-style-type: none"> <li>• Make your home and car smoke free, including wood smoke, tobacco smoke, cannabis smoke, etc.</li> <li>• Do not use strong scents in the home. Try to use scent free soaps, creams, shampoos, make-up, etc.</li> <li>• Limit the use of chemicals in the home to few if any.</li> </ul>
<p><b>Allergens</b> Some people with asthma also have allergies. Allergies can make asthma flare up into the <b>Yellow Zone</b>. Take action if you have a known allergy.</p> 	<p>The following advice is useful if you have an allergy to:</p> <ul style="list-style-type: none"> <li>• <b>Dust mites</b> – wash bedding in hot water; vacuum with HEPA/HEPA type filter or use central vacuum; keep humidity below 50%; consider dust mite proof mattress/pillow covers; consider removing carpets, especially in bedroom.</li> <li>• <b>Pollen and grass</b> – try to stay inside on high pollen days; keep windows closed and use air conditioning if possible. Pollen counts are often available on weather reports.</li> <li>• <b>Pets with fur or feathers</b> – stay away from pets when possible; keep pets out of bedroom; remove carpets; wash pets frequently.</li> <li>• <b>Pests (cockroaches, rodents)</b> – clean up food scraps and liquids; clean dirty dishes quickly; keep garbage tightly covered; get help to remove pests if needed.</li> <li>• <b>Moulds</b> – keep humidity below 50%; clean all visible moulds; use dehumidifier in damp areas, e.g. basement. (outdoor moulds are common in cool damp areas, e.g. heavy growth, leaf piles. Try to stay away if possible).</li> </ul>



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Ducharme FM, Dell SD, Radhakrishnan D, et al. Diagnosis and Management of Asthma in Preschoolers: A Canadian Thoracic Society and Canadian Paediatric Society Position Paper. *Can Respir J.* 2015;22:101572.

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