

# Asthma Action Plan

## Single Maintenance and Reliever Therapy (SMART)

Green Zone: Doing Well	<b>Give every day:</b>		
<ul style="list-style-type: none"><li>No signs of asthma</li><li>Able to do normal activities</li><li>No problems while sleeping</li></ul> <p><i>* Rinse mouth after this medicine</i></p>	MEDICINE:	HOW MUCH:	WHEN:
	(steroid/formoterol inhaler)		
Yellow Zone: Watch Out	<b>MEDICINE:</b>		
<ul style="list-style-type: none"><li>Cold symptoms</li><li>Coughing</li><li>Wheezing</li><li>Funny feeling in the chest</li></ul> <p>Child's first sign:</p> <p>_____</p> <p>_____</p>	MEDICINE:	HOW MUCH:	WHEN:
	(steroid/formoterol inhaler)		
	<b>Call your doctor or nurse if:</b> <ul style="list-style-type: none"><li>You are not back in the Green Zone after 1 hour.</li><li>Inhaler is needed more than every 4 hours.</li><li>You are in the Yellow Zone more than 24 hours.</li><li>More than ____ puffs of steroid/formoterol inhaler are needed in 24 hours, including Green Zone doses.</li></ul> <b>If under 12 years old, no more than 8 puffs in 24 hours.</b> <b>If 12 years or older, no more than 12 puffs in 24 hours.</b>		
	<p>If steroid/formoterol inhaler is not available, 2–4 puffs of albuterol OR 1 nebulizer up to 3 times in the first hour, then every 4 hours as needed.</p> <b>Keep taking Green Zone medicines.</b>		
Red Zone: EMERGENCY	<b>MEDICINE:</b>		
<p><b>Late signs of asthma:</b></p> <ul style="list-style-type: none"><li>Tightness in the chest or constant coughing</li><li>Breathing hard or fast</li><li>Using neck or stomach muscles to breathe</li><li>Trouble talking or walking</li><li>Vomiting</li><li>Blue lips or nails</li></ul>	MEDICINE:	HOW MUCH:	WHEN:
	(steroid/formoterol inhaler)	4 puffs	Immediately
	<b>Call 911 or go to the nearest Emergency Department.</b> <b>Call your child's provider when you can.</b>		
	<p>If steroid/formoterol inhaler is not available, give 6 puffs of albuterol OR 1 nebulizer treatment.</p>		

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RN/MD signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Provider name

\_\_\_\_\_  
Provider number