Child’s Name

Avoid Triggers: (Check all that apply)

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<table>
<thead>
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<tbody>
<tr>
<td>Illness</td>
<td>Cigarette/other smoke</td>
<td>Food:</td>
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<tr>
<td>Emotions</td>
<td>Exercise</td>
<td>Allergies:</td>
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<tr>
<td>Weather Changes</td>
<td>Chemical odors</td>
<td>Other:</td>
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Green Zone: Child breathing at best

- sleeps through the night without coughing or wheezing
- has no early warning signs of an asthma flare-up
- plays actively

Take Long-Term Control medications:

- __________________________
- __________________________
- __________________________
- __________________________

Take quick-relief medicines 15 minutes before active playtime.

- __________________________
- __________________________

Yellow Zone: Child not breathing at best

- coughing or wheezing at night or at child care
- has early warning signs of a flare-up:
  - __________________________
  - __________________________
- has trouble doing usual activities/play,
- may self limit activities/squat/hunch over
- decrease in appetite/difficulty drinking or taking a bottle.

Red Zone: Danger Zone

- breathing is hard and fast
- coughing, short of breath, wheezing
- neck and chest “suck in” skin between ribs, above the breastbone and collarbone when breathing
- has trouble walking or talking
- stops activities
- unable to drink or take bottle

Emergency Medicine Plan:

- __________________________
- __________________________
- __________________________
- __________________________

Adjust Long-Term Control medications as follows until back in Green Zone:

- __________________________
- __________________________

Activity Restrictions:

- __________________________

Ozone Restrictions:

- __________________________

Call child’s parent if:
- child’s symptoms do not improve or worsen 15 to 20 minutes after treatment

Call the physician if:
- parent not available

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Parent: __________________
Telephone: ________________
Physician: ________________
Telephone: ________________

Physician Signature
Date: ____________________

Adapted by the NC Child Care Health Consultants Association