

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

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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

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
Reliever stops asthma symptoms					Controller works to prevent asthma symptoms when taken daily				

Other

GREEN ZONE

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

CAUTION: Step Up Therapy

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

YELLOW ZONE

STOP: Get Help Now

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!

RED ZONE

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).

Simple Ways to Avoid Triggers

Asthma Trigger	Take Action!
Colds These are the most common trigger for children.	- Wash your hands often. - Stay away from people who have the flu when you can.
Flu This can cause asthma to flare up into the Yellow Zone or worse.	- Stay away from people who have flu symptoms when you can. - Get your flu shot every year.
Smoking Tobacco smoke makes asthma hard to control.	- Stay away from tobacco smoke. - Protect your lungs. Don't smoke tobacco or cannabis. Don't vape.
Air Quality Indoor and outdoor air quality can make asthma flare up into the Yellow Zone . 	Outdoor Air Quality (Smog): - Do not exercise or play hard on bad air days if you can. You can find air quality information at https://weather.gc.ca/airquality/pages/index_e.html. Indoor Air Quality: - Make your home and car smoke free, including wood smoke, tobacco smoke, cannabis smoke, etc. - Do not use strong scents in the home. Try to use scent free soaps, creams, shampoos, make-up, etc. - Limit the use of chemicals in the home to few if any.
Allergens Some people with asthma also have allergies. Allergies can make asthma flare up into the Yellow Zone . Take action if you have a known allergy. 	The following advice is useful if you have an allergy to: Dust mites – 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. Pollen and grass – 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. Pets with fur or feathers – stay away from pets when possible; keep pets out of bedroom; remove carpets; wash pets frequently. Pests (cockroaches, rodents) – clean up food scraps and liquids; clean dirty dishes quickly; keep garbage tightly covered; get help to remove pests if needed. Moulds – 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).



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