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

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

Instructions

<table>
<thead>
<tr>
<th>Medication</th>
<th>Puffer Name/Colour</th>
<th>Dose/Strength</th>
<th>Puffs</th>
<th>When to Take</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reliever</td>
<td></td>
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</tbody>
</table>

**Controller** works to prevent asthma symptoms when taken daily

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</thead>
</table>

Other

**GREEN ZONE**

**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.

Instructions

- Take _______ 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
- Asthma symptoms 1 or more nights a week
- Missing regular activities or school
- Symptoms of a cold
- Peak Flow: 60-90% personal best, or other

Instructions

- Take _______ reliever 4-6 puffs every 15-20 minutes, and:
- Colour/medication
- Difficulty talking
- Continuous wheeze or cough
- Other: Yellow Zone treatment does not help

- Call or go directly to the emergency department.
- Bring this asthma action plan with you to the emergency department

**RED ZONE**

Asthma symptoms can get worse quickly. Asthma can be a life-threatening illness - do not wait!
Simple Ways to Take Care of Your Asthma

☐ 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

<table>
<thead>
<tr>
<th>Asthma Trigger</th>
<th>Take Action!</th>
</tr>
</thead>
</table>
| **Colds**      | - Wash your hands often.  
- Stay away from people who have the flu when you can. |
| **Flu**        | - Stay away from people who have flu symptoms when you can.  
- Get your flu shot every year. |
| **Smoking**    | - 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).