

GREEN means GO!!!

USE PREVENTION MEDICINES EVERY DAY

- *Can work and play.
- *No cough or wheeze.
- *Breathing is good.

Not applicable (no prevention medicines)



Medicine	How much to take	Times to take	Take at:	
			Home?	School?
_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>

20 minutes before exercise use this medicine:

YELLOW means CAUTION!!!!

START TAKING QUICK-RELIEF MEDICINE



TAKE QUICK-RELIEF MEDICINE TO KEEP AN ASTHMA ATTACK FROM GETTING BAD AND KEEP TAKING GREEN ZONE MEDICINES

Medicine	How much to take	Times to take	Take at:	
			Home?	School?
_____	_____	Every 4-6 hours	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>

*If you feel better in 20 to 60 minutes FOLLOW THE RED ZONE PLAN.
****IF SYMPTOMS CONTINUE FOR 12 TO 24 HOURS, CALL YOUR DOCTOR**

RED means DANGER!!!

GET HELP FROM A DOCTOR NOW!!!!

- *Medicine is not helping
- *Breathing is hard and fast
- *Nose opens wide to breathe
- *Can't talk well

GO TO DOCTOR'S OFFICE OR EMERGENCY ROOM!
TAKE THESE MEDICINES UNTIL YOU SEE THE DOCTOR.

Medicine	How much to take
_____	_____

May repeat _____ times, 20 min. apart



CALL 911 (EMS) IF: Lips or fingernails are blue, or
You are struggling to breathe, or
You do not feel or look better in 20 - 30 minutes.

Make appointment to see Doctor (name/telephone number/date & time appt) _____

Written information on avoidance of asthma "triggers": handout given _____ (initial)

Air Quality Alert Days:

The national recommendation is to avoid outdoor exercise when levels of air pollution are high.

Physician recommendations for medication self-administration: (Initial one)

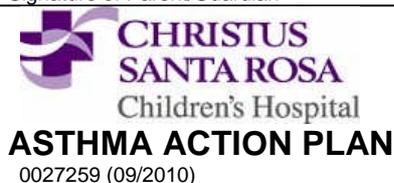
_____ The student above has been instructed by me in the proper way to use his/her medications. It is my professional opinion that he/she should be allowed to carry and self-administer the above medications while on school property or at school related events.

_____ The student above, in my professional opinion, should NOT be allowed to carry and self-administer any of his/her asthma medication(s) while on school property or at school related event.

Reviewed by _____ Signature _____ Phone/Pager _____ 2/21/2011
 Date _____

I, _____, agree with the recommendations of my child's physician as noted above and give permission for my child to receive the above medication(s) as directed. I also give permission for my child's physician to share written or verbal information with the school nurse for the duration of this school year.

Signature of Parent/Guardian _____ Date _____



NAME: _____

DOB: _____

HOW TO CONTROL THINGS THAT MAKE YOUR ASTHMA WORSE

You can help prevent asthma attacks by staying away from things that make your asthma worse. This guide suggests many ways to help you do this.

Start with the things in your bedroom that bother your asthma. Try something simple first.

Tobacco Smoke (call 1-877-YES-QUIT for help)

- Ask family members to quit smoking.
- Do not allow smoking in your home or around you.
- Be sure no one smokes at a child's day care center.

Dust Mites

Many people with asthma are allergic to dust mites, tiny "bugs" you cannot see that live in cloth or carpet.

Things that will help the most:

- Encase your mattress in a special dust-proof cover.
- Encase your pillow in a special dust-proof cover or wash the pillow each week in hot water. Water must be hotter than 130°F to kill the mites.
- Wash the sheets and blankets on your bed each week in hot water.

Other things that can help:

- Reduce indoor humidity to less than 50 percent. Use a dehumidifier or air conditioner.
- Try not to sleep or lie on cloth-covered cushions or furniture.
- Remove carpets from your bedroom and those laid on concrete, if you can.
- Keep stuffed toys out of the bed or wash the toys weekly in hot water.

Animal Dander

Some people are allergic to "dander", the flakes of skin and dried saliva from animals.

The best thing to do:

- Keep pets with fur or hair out of your home.

If you can't keep the pet outdoors, then:

- Keep the pet out of your bedroom and keep the bedroom door closed.
- Remove carpets and furniture covered with cloth from your home. If that is not possible, keep the pet out of the rooms where these are.

Cockroach

Many people with asthma are allergic to the dried droppings and remains of cockroaches.

- Keep all food out of your bedroom.
- Keep food and garbage in closed containers (never leave food out).
- Use poison baits, powders, gels, or paste (for example, boric acid). You can also use traps.
- If a spray is used to kill roaches, stay out of the room until the odor goes away.

Vacuum Cleaning

- Try to get someone else to vacuum for you once or twice a week, if you can. Stay out of rooms while they are being vacuumed and for a short while afterward.
- Use a vacuum cleaner with a HEPA filter or a double-layered bag.

Indoor Mold

- Fix leaky faucets, pipes, or other sources of water.
- Clean moldy surfaces.

Pollen and Outdoor Mold

What to do during your allergy season (when pollen or mold spore counts are high):

- Try to keep your windows closed.
- If possible, stay indoors with windows closed during the midday and afternoon. Pollen and some mold spore counts are highest at that time.
- Ask your doctor whether you need to take or increase controller medicine before your allergy season starts.

Smoke, Strong Odors, and Sprays

- If possible, do not use a wood-burning stove, kerosene heater, fireplace, unvented gas stove, or heater.
- Try to stay away from strong odors and sprays, such as perfume, talcum powder, hair spray, paints, new carpet, or particle board.

Exercise, Sports, Work, or Play

- You should be able to be active without symptoms. See your doctor if you have asthma symptoms when you are active – such as when you exercise, do sports, play or work hard.
- Ask your doctor about taking medicine before you exercise to prevent symptoms.
- Warm up for a period before you exercise.
- Check the air quality index and try not to exercise outside when the air pollution is high.

Other Things that Can Make Asthma Worse

- Flu:** Get a flu shot.
- Sulfites in foods:** Do not eat shrimp, dried fruit, or processed potatoes if they cause asthma symptoms.
- Cold air:** Cover your nose and mouth with a scarf on cold or windy days.
- Other medicines:** Tell your doctor about all the medicines you may take. Include cold medicines, aspirin and even eye drops.