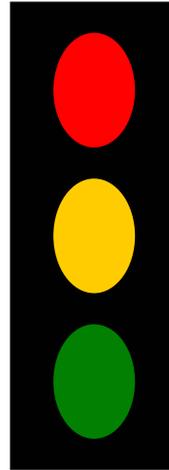


North Dakota Asthma Action Plan

SFN 190

Name	Date:
Parent(s) Name(s)	Phone #
Emergency Contact	Phone #
Pharmacy Name	Phone #
Health Care Provider	Phone #
Health Care Provider's Signature	



The colors of a traffic light will help you use your asthma medicines:

Red: Danger Zone!
Get help from a doctor

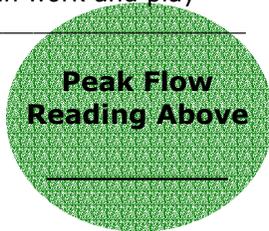
Yellow: Caution Zone!
Add quick-relief medicine

Green: Go Zone!
Use preventive medicine

Personal Best: _____

GO!

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play
- _____



Use these anti-inflammatory medicines every day:

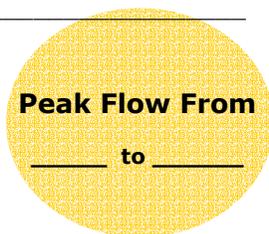
MEDICINE	HOW MUCH	HOW OFTEN

For asthma with exercise, take:

--	--	--

Caution!

- First signs of a cold
- Exposure to a known trigger
- Cough day or night
- Mild wheeze
- Tight chest
- _____



Continue with green zone medicine and add:

MEDICINE	HOW MUCH	HOW OFTEN

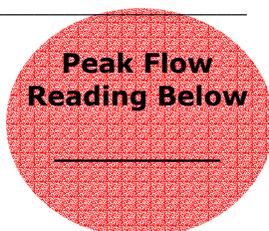
Did symptoms improve or peak flow return to green zone?

↓ YES ↓		
MEDICINE	HOW MUCH	HOW OFTEN

↓ NO ↓
Call Your Health Care Provider

Danger!

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide / ribs show
- Can't talk well
- _____



Take these medicines and call your health care provider now.

MEDICINE	HOW MUCH	HOW OFTEN

GET HELP FROM A HEALTH PROVIDER NOW! It's important!
If you cannot contact your provider, call 911 or go directly to the emergency room. DO NOT WAIT!

For asthma information contact :
American Lung Association of N.D.
1-800-252-6325
For additional copies contact :
Children's Special Health Services
1-800-755-2714

Copy for Patient