



## About the Asthma Action Plan

If you have a child diagnosed with asthma in your center, you should know what to do in case of an asthma attack or emergency. It is important to have a conversation with the child's parents about managing the child's asthma and having a protocol to follow in the case of an emergency. This communication is much more effective if a child with asthma has an Asthma Action Plan (AAP). Having a completed, up-to-date Asthma Action Plan onsite ensures that you have detailed instructions for decision-making during an asthma attack. A sample of one type of AAP is included in your packet.

The Asthma Action Plan is developed by the child's family and primary care provider and clearly describes steps to take if a child with asthma is experiencing any symptoms. Depending on how serious the child's symptoms are, the Asthma Action Plan provides guidance to help manage the child's asthma. The plan is usually in triplicate with a copy for the parent, the health care provider and the school or childcare provider. (Childcare facilities should use their existing medication authorization form and not the one on the back of the sample form provided.) The AAP should be kept on file and be easily accessible.

The Asthma Action Plan is tailored for each child and is color-coded into three sections: the green, yellow, and red zones. This plan will help you understand what you can do to help manage a child's asthma by outlining medication administration, triggers to avoid, and what to do based on the child's condition at a given time. Parents should review the AAP with the child care provider.

**The Asthma Action Plan describes the asthma symptoms that match each zone.**

### **Green Zone – You're Doing Well!**

If the child's breathing is good, the child is in the Green Zone, then everything is OK. He/she can continue playing, laughing, and doing other activities.

### **Yellow Zone – Slow Down!**

If the child starts having more frequent and severe asthma symptoms, he/she is entering the Yellow Zone. If the child is in the Yellow Zone, then he/she needs to be careful and aware of activities that can worsen his/her asthma. You may need to increase medications given to the child when the child is in the Yellow Zone according to the directions of the Asthma Action Plan. If you are not trained in medication administration, then call the child's parents immediately.

### **Red Zone – Get Help!**

If the child is having extreme difficulty breathing, then he/she is in the Red Zone. If a child is in the Red Zone, it is an emergency. Follow the Asthma Action Plan. It is time to: get help immediately from the child's health care provider, call 911, or go to the hospital.

If you are interested in receiving copies of the Asthma Action Plan, please call the American Lung Association of Connecticut at (860) 289-5401 or 1-800-LUNG-USA. Please specify the quantity of English and/or Spanish.

*Adapted from The Asthma Solutions Handbook: A Guide for Developing Asthma Partnership Programs with Child Care Centers and Parents of Preschool Children. Columbia University, New York City: 2002.*

