



STUDENT ASTHMA ACTION PLAN

Name: _____ Grade: _____ Age: _____
Homeroom Teacher _____ Room: _____
Parent/Guardian Name: _____ Phone: _____
Parent/Guardian Name: _____ Phone: _____
Emergency Phone Contact #1 _____
Name Relationship Phone
Emergency Phone Contact #2 _____
Name Relationship Phone
Physician _____
Name Phone

EMERGENCY PLAN

Emergency action is necessary when the student has symptom such as, _____,
_____, _____ or has a peak flow reading of _____.

Steps to take during asthma attack:

1. Check peak flow.
2. Give medications as listed below. Student should respond to treatment in 15-20 minutes
3. Contact parent/guardian if _____.
4. Re-check peak flow.
5. **Seek emergency medical care if the student has any of the following:**

Coughs constantly

No improvement 15-20 minutes after initial treatment with medication and a relative cannot be reached.

Peak flow of _____

Hard time breathing with:

Chest and neck pulled in with breathing

Stooped body posture

Struggling or gasping

Trouble walking or talking

Stops playing and can't start activity again

Lips or fingernails are grey or blue.

Emergency Asthma Medications

Name	Dose	Frequency
1. _____		
2. _____		
3. _____		

See reverse for more instructions

Daily Asthma Management Plan

Identify the things which start an asthma episode. Check each that applies to the student.

☐ Exercise	☐ Strong odors or fumes	☐ Respiratory infections
☐ Chalk dust/ dust	☐ Change in temperature	☐ Carpets in the room
☐ Animals	☐ Pollens	☐ Mold
☐ Food	☐ Other _____	

Comments _____

Control of School Environment

List any environmental control measures, pre-medications, and/or dietary restrictions that the student needs to prevent an asthma episode. _____

Daily Medication Plan

	Name	Dose	Frequency
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

Peak Flow Monitoring

Readings

Green Zone	(Student's breathing is good.)	_____ to _____
Yellow Zone	(Student is having a "flare up".)	_____ to _____
Red Zone	(Student is having a serious "flare up".)	_____ to _____

Comments / Special Instruction

I hereby authorize the release of medical information regarding:

_____ (Student's full name)
which may be of value in caring for the health of my child at school. This information is for the confidential use of school personnel who are directly concerned with helping this student. DVUSD policies are in compliance with HIPAA.

Parent / Guardian Signature

Relationship

Date

Physician Signature

Physician name

Date