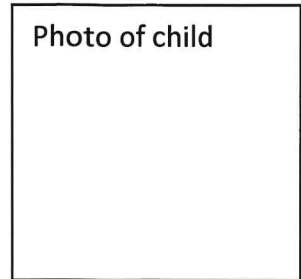


PARENT/GUARDIAN complete and sign the top portion of form.

Student Name:	Birth date:
Parent/Guardian:	Work Phone:
Cell Phone:	Home Phone:
Other Contact:	Phone:
Grade:	Teacher:



Triggers: Weather (cold air, wind) Illness Exercise Smoke Dust Pollen Other: _____
 Life threatening allergy : Specify _____

If there is **no** quick relief inhaler at school and the student is experiencing asthma symptoms:

- Call parents/guardians to pick up student and/or bring inhaler/ medications to school
- Inform them that if they cannot get to school, 911 may be called

I give permission for school personnel to share this information, follow this plan, administer medication and care for my child and, if necessary, contact our physician. I assume full responsibility for providing the school with prescribed medication and delivery/monitoring devices. I approve this Asthma Care Plan for my child.

PARENT SIGNATURE

DATE

SCHOOL NURSE SIGNATURE

DATE

504 PLAN OR IEP

HEALTH CARE PROVIDER to complete all items, SIGN and DATE completed form.

GREEN ZONE: Student participation in activity and need for pretreatment. No current symptoms.

Pretreatment for strenuous activity: Not Required
 Pretreatment for strenuous activity: Routinely **OR** Upon request Explain: (weather, viral, seasonal, other) _____
 Give 2 puffs of quick relief med (Check One): Albuterol Other: _____ 10-15 minutes before activity.
 Repeat in 4 hours if needed for additional or ongoing physical activity.
If student currently experiencing symptoms, follow yellow zone.

YELLOW ZONE: SICK – UNCONTROLLED ASTHMA

IF YOU SEE THIS:

- Trouble breathing
- Wheezing
- Frequent cough
- Complains of chest tightness
- Not able to do activities but still talking in complete sentences
- Peak flow between _____ and _____
- Other: _____

DO THIS:

1. Stop physical activity
 2. GIVE QUICK RELIEF MED: (Check One) Albuterol Other: _____
 2 puffs Other: _____
 3. Call parents/guardians and school nurse.
 4. Stay with student and maintain sitting position.
 5. Student may go back to normal activities once feeling better.
- If symptoms do not improve in 10-15 minutes or worsen after giving quick relief medicine, follow RED ZONE plan.*

RED ZONE: EMERGENCY SITUATION – SEVERE ASTHMA SYMPTOMS

IF YOU SEE THIS:

- Coughs constantly
- Struggles to breathe
- Trouble talking (only speaks 3-5 words)
- Skin of chest and/or neck pull in with breathing
- Lips or fingernails are gray or blue
- ↓ Level of consciousness
- Peak flow < _____

DO THIS IMMEDIATELY:

1. GIVE QUICK RELIEF MED: (Check One): Albuterol Other: _____
 2 puffs Other: _____
 Refer to anaphylaxis plan if student has life threatening allergy.
2. Call 911 and inform EMS the reason for the call.
3. Call parents/guardians and school nurse.
4. Encourage student to take slow deep breaths.
5. If symptoms continue, repeat quick relief med: Albuterol Other: _____
 2 puffs Other: _____
6. Stay with student and remain calm.
7. If in 20 minutes from first dose, EMS has not arrived and symptoms remain, repeat quick relief medicine (up to 4 more puffs).
8. *School personnel should not drive student to hospital.*

INSTRUCTIONS for QUICK RELIEF INHALER USE: CHECK APPROPRIATE BOX(ES)

- Student understands the proper use of his/her asthma medications, and in my opinion, can carry and use his/her inhaler at school independently with approval from school nurse.
- Student is to notify his/her designated school health officials after using inhaler.
- Student needs supervision or assistance to use his/her inhaler and inhaler will be kept (specify location) _____.

HEALTH CARE PROVIDER SIGNATURE

PRINT PROVIDER'S NAME

PHONE/FAX

DATE

Copies of plan provided to: Teacher(s) ___ Phys Ed/Coach ___ Principal ___ Main Office ___ Bus Driver ___ Other _____