

ASTHMA ACTION PLAN

Steps to take during an asthma episode:

1. Check peak flow reading (if child uses peak flow meter)
2. Give medications if prescribed (with medication consent form)
3. Check for decreased symptoms and/ or increased peak flow reading
4. Allow child to stay if decreased symptoms and or normal peak flow reading
5. Contact parent/guardian

6. SEEK EMERGENCY HELP NOW IF ANY OF THE FOLLOWING OCCUR:

- No improvement 3 to 5 minutes after treatment with medication
- Peak flow at or below child's caution level
- Child shows any of the following symptoms:
 - chest and neck pulled in with breathing**
 - child hunched over**
 - child struggling to breathe**
 - trouble walking or talking**
 - stops playing and cannot start activity again**
 - lips or fingernails are gray or blue**

ALLERGY ACTION PLAN

Steps to take during an allergy episode:

1. **CONTACT EMERGENCY HELP** and request epinephrine
2. Contact the child's parent/ guardian.

- Symptoms of an allergic reaction are not limited to and may include:
 - Mouth/Throat: any itching and or swelling or throat tightness; hoarseness; cough**
 - Skin: hives; itchy rash; swelling**
 - Gut: nausea; abdominal cramps; vomiting; diarrhea**
 - Lung: shortness of breath; coughing; wheezing**
 - Heart: pulse is hard to detect; passing out; *If child has asthma, asthma symptoms may also need to be treated.**