

Community High School District #128

Students diagnosed with asthma should have an **Asthma Action Plan** on file with their school. Please consult with your student's primary physician to fill out the plan below for:

Student Name _____ Birthdate _____ Grade _____

Primary Physician's name and contact information: _____

Physician signature: _____ Date: _____

Parent signature: _____ Date: _____

Please submit this form to:

Libertyville High School
 Nurse's Office
 Phone: 847-327-7016
 Fax: 847-327-7933
cameron.traut@d128.org

or

Vernon Hills High School
 Nurse's Office
 Phone: 847-932-2040
 Fax: 847-932-2188
kajal.patel-thakkar@d128.org

GREEN ZONE: Doing Well

Take these medicines every day for control and maintenance:

Medicine	How much to take	When and how often

No coughing, wheezing, chest tightness, or difficulty breathing
 Can work, play, exercise, perform usual activities without symptoms

YELLOW ZONE: Caution/Getting Worse

CONTINUE your Green Zone medicines PLUS take these quick-relief medicines:

Medicine	How much to take	When and how often

Coughing, wheezing, chest tightness, or difficulty breathing
 Symptoms with daily activities, work, play, and exercise
 Nighttime awakenings with symptoms

Call your doctor if you have been in the Yellow Zone for more than 24 hours.

RED ZONE: Alert!

FOR EXTREME TROUBLE BREATHING/SHORTNESS OF BREATH GET IMMEDIATE HELP! Take these quick-relief medicines:

Medicine	How much to take	When and how often

Difficulty breathing, coughing, wheezing not helped with medications
 Trouble walking or talking due to asthma symptoms
 Not responding to quick relief medication

CALL your doctor NOW.
GO to the hospital/emergency department or CALL for an ambulance NOW!