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:

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Birthdate</th>
<th>Grade</th>
</tr>
</thead>
</table>

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

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

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### GREEN ZONE:
**Doing Well**
- No coughing, wheezing, chest tightness, or difficulty breathing
- Can work, play, exercise, perform usual activities without symptoms

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When and how often</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### YELLOW ZONE:
**Caution/Getting Worse**
- Coughing, wheezing, chest tightness, or difficulty breathing
- Symptoms with daily activities, work, play, and exercise
- Nighttime awakenings with symptoms

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

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When and how often</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

### RED ZONE:
**Alert!**
- Difficulty breathing, coughing, wheezing not helped with medications
- Trouble walking or talking due to asthma symptoms
- Not responding to quick relief medication

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

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When and how often</th>
</tr>
</thead>
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</table>

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