

## ASTHMA Action Plan

*Refer to Medical Information Form*

Student  
Photo

### STUDENT INFORMATION

☐ **Wears Medic Alert ID**

Student Name \_\_\_\_\_ Birthdate: year/month/day \_\_\_\_\_ Parent/Guardian Name \_\_\_\_\_  
 Parent/Guardian Home Phone # \_\_\_\_\_ Parent/Guardian Business Phone # \_\_\_\_\_  
 Emergency Contact Name/Phone # \_\_\_\_\_ Physician Name/Phone # \_\_\_\_\_

#### ***My child's asthma triggers are:***

☐ exercise ☐ respiratory infections ☐ change in temperature ☐ carpets in room ☐ excitement/upset  
☐ strong odors/fumes ☐ chalk dust ☐ Pollens ☐ Moulds ☐ Food ☐ Animals \_\_\_\_\_

#### ***How often does your child experience asthmatic episodes?***

☐ daily ☐ weekly ☐ seasonally ☐ other \_\_\_\_\_

#### ***My child's symptoms are usually:***

☐ coughing ☐ tightening in chest ☐ wheezing ☐ pallor ☐ shortness of breath ☐ other \_\_\_\_\_

#### ***How can the school/teacher help your child prevent an asthma episode?***

***Is your child likely to require emergency care while at school?*** ☐ yes ☐ no

### EMERGENCY TREATMENT PLAN:

1. Give asthma medications:  
 Name: \_\_\_\_\_ Amount: \_\_\_\_\_ When to use: \_\_\_\_\_
2. Contact parent.
3. Call 911 if:
  - no improvement 5 minutes after initial treatment with medication and a relative cannot be reached;
  - unable to speak; Special Instructions: \_\_\_\_\_
  - blue lips; \_\_\_\_\_
  - persistent cough \_\_\_\_\_
  - persistent wheeze \_\_\_\_\_

**This agreement must be reviewed when any changes occur to your child's condition.**

Parent/Guardian Signature \_\_\_\_\_ Date Completed \_\_\_\_\_

Dates Reviewed by Parent/Guardian \_\_\_\_\_

Copies to: \_\_\_\_\_ Parent(s)/Guardian(s) \_\_\_\_\_ School Health Resource Binder (red binder)  
 \_\_\_\_\_ Nursing Support Care Plan (if necessary) \_\_\_\_\_ Student's Emergency Kit