

ASTHMA MANAGEMENT PLAN

(To be completed by parent/guardian)

Place
Child/Youth
Photo
Here

NAME _____ AGE _____

PROGRAM _____

EMERGENCY CONTACT (List in priority of contact)

Name	Relationship	Daytime Phone	Alternate Phone
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- | | | | |
|----------|-------|-------|-------|
| 1. _____ | _____ | _____ | _____ |
| 2. _____ | _____ | _____ | _____ |
| 3. _____ | _____ | _____ | _____ |

KNOWN ASTHMA TRIGGERS

- Colds/flu Physical activity Hot or cold weather Strong smells Pets Pollen Allergies (specify): _____
 Anaphylaxis (specify allergy): _____ Other (specify): _____

RELIEVER INHALER (FAST-ACTING, USUALLY BLUE)



Use reliever inhaler _____ in the dose of _____ Spacer provided? Yes No
(name of medicine) (number of puffs)

Reliever inhaler is used to:

- Relieve symptoms being experienced (see "MANAGING ASTHMA ATTACKS" below)
 Other (please explain) _____
 Requires assistance to access and use reliever inhaler. Make sure it is readily accessible by instructor/coach.

I agree _____ is responsible for carrying his/her fast-acting reliever inhaler at all times including off-site activities, or will
(child/youth name)
provide the coach/instructor with the inhaler (if he/she not able to use independently), and that the inhaler is to be used as outlined in this plan.

Parent/Guardian signature: _____ Child/Youth signature: _____ Date: _____

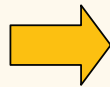
MANAGING ASTHMA ATTACKS

MILD ASTHMA ATTACK

If **ANY** of the following occur:

- Continuous coughing
- Trouble breathing
- Chest tightness
- Wheezing (whistling sound in chest)

May also be restless, irritable and/or very tired.



Step 1: **Immediately** use fast-acting reliever inhaler (usually a blue inhaler).

Step 2: Check symptoms. Only return to normal activity when all symptoms are gone.

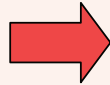
If symptoms get worse or do not improve within 10 minutes, this is an **emergency** – follow steps below.

ASTHMA EMERGENCY

If **ANY** of the following occur:

- Breathing is difficult and fast
- Cannot speak in full sentences
- Lips or nail beds are blue or gray
- Skin on neck or chest sucked in with each breath

May also be anxious, restless and/or very tired.



Step 1: **Immediately** use fast-acting reliever inhaler (usually a blue inhaler).

CALL 911 for an ambulance. If possible, stay with person.

Step 2: If symptoms continue, use reliever inhaler every 5-15 minutes until medical help arrives.

While waiting for medical help to arrive:

- ✓ Have person sit up with arms resting on a table (do not have person lie down unless it is an anaphylactic reaction)
- ✓ Stay calm, reassure the person and stay by his/her side
- ✓ Notify parent/guardian or emergency contact