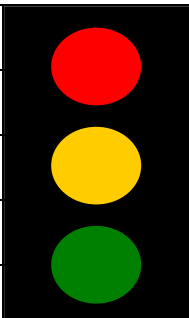



<b>Regional Children's Asthma Clinic</b>			The colors of a traffic light will help you use your asthma medicines:
Name	Date		<b>Red: Danger Zone!</b> Get help from a doctor
Parent/Guardian(s) Name(s)	Phone Number		<b>Yellow: Caution Zone!</b> Add quick-relief medicine
Emergency Contact	Phone Number		<b>Green: Go Zone!</b> Use controller medicine
Prescribing Health Care Provider	Phone Number		
Health Care Provider's Signature			


**Emergency Medication Possession and Self-Administration Approval**

Student has received instruction in self-administration of emergency medication. (Initial ) \_\_\_\_\_ Date Approval Expires \_\_\_\_\_

**GO! Use these medicines every day:**

<ul style="list-style-type: none"> <li>•Breathing is good</li> <li>•No cough or wheeze</li> <li>•Can work and play</li> <li>•Sleep through the night</li> </ul> <p>- AND -</p>		MEDICINE	HOW MUCH	HOW OFTEN

**CAUTION:**

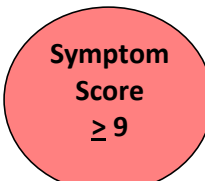
<ul style="list-style-type: none"> <li>•Exposure to a known trigger</li> <li>•Cough day or night</li> <li>•Mild wheeze</li> <li>•Tight chest</li> <li>•Symptoms during exercise</li> </ul> <p>• _____</p> <p>- OR -</p>		MEDICINE	HOW MUCH	HOW OFTEN	
				x1	
		In 4 hours, did symptoms improve/return to green zone?			Return to green zone medications
		↓ NO ↓	→ YES →		
		Have you been in the yellow zone for more than 24 hours?			Call your Health Care Provider
↓ NO ↓	→ YES →				
		MEDICINE	HOW MUCH	HOW OFTEN	
				Every 4 hours	

**FIRST SIGNS OF A COLD:**

	MEDICINE	HOW MUCH	HOW OFTEN
			Every 4 hours as needed for _____ days
			Every Morning and Every Evening for _____ days

**DANGER! Take these medicines and call your health care provider now!**

<ul style="list-style-type: none"> <li>•Medicine is not helping</li> <li>•Breathing is hard and fast</li> <li>•Nose opens wide / ribs show</li> <li>•Can't talk well</li> </ul> <p>• _____</p> <p>- OR -</p>	MEDICINE	HOW MUCH	HOW OFTEN
		2-4 puffs	Every 20 minutes til help is reached


  
**GET HELP FROM A HEALTH PROVIDER NOW! It's important!**  
**If you cannot contact your provider, call 911 or go directly to the emergency room. DO NOT WAIT!**

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