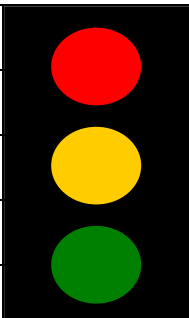
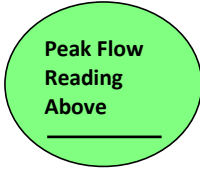
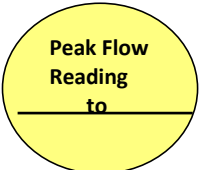


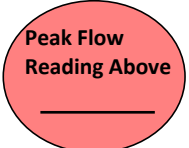
Regional Children's Asthma Clinic			The colors of a traffic light will help you use your asthma medicines:
Name	Date		Red: Danger Zone! Get help from a doctor
Parent/Guardian(s) Name(s)	Phone Number		Yellow: Caution Zone! Add quick-relief medicine
Emergency Contact	Phone Number		Green: Go Zone! Use controller medicine
Prescribing Health Care Provider	Phone Number		Peak Flow Personal Best: _____
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!			
<ul style="list-style-type: none"> Breathing is good No cough or wheeze Can work and play Sleep through the night - AND - 	MEDICINE	HOW MUCH	HOW OFTEN
	For asthma with exercise, take:		
	Albuterol	2 puffs	20 minutes prior to activity as needed

CAUTION:			
<ul style="list-style-type: none"> First signs of a cold Exposure to a known trigger Cough day or night Mild wheeze Tight chest Symptoms during exercise • _____ - OR - 	MEDICINE	HOW MUCH	HOW OFTEN
		1 puff	x1
	In 1 hour, did symptoms improve or peak flow return to green zone?		
	↓ NO ↓ → YES →		Return to green zone medications and follow peak flows
	Have you been in the yellow zone for more than 24 hours?		
↓ NO ↓ → YES →		Call your Health Care Provider	
	MEDICINE	HOW MUCH	HOW OFTEN
		1 puff	Every 4 hours
			MAX # OF PUFFS/DAY

DANGER!			
Take these medicines and call your health care provider now!			
<ul style="list-style-type: none"> Medicine is not helping Breathing is hard and fast Nose opens wide / ribs show Can't talk well • _____ - OR - 	MEDICINE	HOW MUCH	HOW OFTEN
		2 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!		