



Lake Villa School District #41

131 McKinley Avenue, Lake Villa, Illinois 60046
 Phone: 847-356-2385 Fax: 847-356-2670

Asthma Severity

SCHOOL ASTHMA ACTION PLAN

TO BE COMPLETED AND SIGNED BY PHYSICIAN AND PARENT

Student Name _____ DOB _____ Peak Flow _____

Parent Name _____ Home Phone _____ Cell Phone _____

Physician Name _____ Physician Phone Number _____

Identified Asthma Triggers: Colds Smoke Pollen Dust Animals Strong Odors Mold/Moisture Pests Stress/Emotions
 Gastroesophageal Reflux Exercise **Season:** Fall Winter Spring Summer Other _____

Physician Signature _____ Date _____

Parent Signature _____ Date _____

GREEN ZONE: Doing Well **Take these medicines every day for control and maintenance**

✓ No coughing, wheezing, chest lightness, or difficulty breathing

✓ Can work, play exercise, perform usual activities without symptoms

OR

✓ Peak flow 80%-100% of personal best

Spacer Used: _____

➔

Medicine	How much to take	When and how often

Student will take the following medicine if needed 10-20 minutes before sports, exercise or any other strenuous activity:

YELLOW ZONE: Caution/Getting Worse **CONTINUE your GREEN ZONE medicines PLUS take these quick relief medicines**

✓ Coughing, wheezing, chest tightness, or difficulty breathing

✓ Symptoms with daily activities, work, play and exercise

✓ Nighttime awakenings with symptoms

OR

✓ Peak flow 50%-80% of personal best

➔

Medicine	How much to take	When and how often

School health coordinator to be notified by parent when student is starting oral steroids.

School health coordinator to administer Quick Reliever (2-4 puffs) every 20 minutes for up to one hour or use nebulizer once. If student's symptoms are not better or continue to deteriorate after 30 minutes, follow RED ZONE instructions and notify parent to take student home.

RED ZONE: MEDICAL ALERT! **Students is to start taking RED ZONE medicine(s)! GET IMMEDIATE HELP!**

✓ Medicine is not helping

✓ Nose opens wide to breathe

✓ Breathing is hard and fast

✓ Trouble Walking

✓ Trouble Talking

✓ Ribs Show

Peak Flow Range Below 50% of personal best

➔

Medicine	How much to take	When and how often

School health coordinator will call parent and immediately asses for emergency assistance: Call 9-1-1!

- In servicing the needs of students who have a diagnosis of asthma, Lake Villa School District #41 will implement the following protocol:
1. Medication form completed by physician and signed by parent.
 2. Asthma Action Plan completed by physician and signed by parent.
 3. Parents to supply medication and equipment (spacer, peak flow meter, nebulizer, etc.) per District #41 policy. Medication and equipment will be stored in the health office.
 4. If a student has permission to self-carry an inhaler, a duplicate supply (if available) may be kept in the health office.
 5. Communication with parent will be directed by the Asthma Action Plan