

Patient name:		Date of birth:	
Date	Time	Height	Weight
Asthma severity		Other Triggers:	
Allergies:			
Food Allergies:			
Medication Allergies:			
Green Zone: I feel good <ul style="list-style-type: none"> • Can work and play • Can sleep at night • No cough or wheeze 		Take these controller medications every day: Additional orders:	
Peak flow range _____ to _____ (80-100% of personal best/predicted)		For physical activity/gym/recess, take:	
Yellow Zone: I do not feel good <ul style="list-style-type: none"> • Cold with cough • Wake up at night with cough • Wheeze, tight chest or trouble breathing 		Keep taking Green Zone controller medicines. Take these reliever medications to keep asthma from getting worse: Additional orders:	
Peak flow range _____ to _____ (50-79% of personal best/predicted)			
If getting less than 4 hours of relief from albuterol, contact your health care provider.			
Red Zone: I feel awful <ul style="list-style-type: none"> • Breathing is hard and fast • Getting worse and medicine not helping • Cough continuously 		Keep taking the Green and Yellow Zone medicines. Take these medications NOW and call your health care provider: Additional orders:	
Peak flow range _____ to _____ (Less than 50% of personal best/predicted)			
If breathing does not improve and you cannot contact your health care provider, go to the emergency room. CALL 911 if:			
<ul style="list-style-type: none"> • You can't talk in full sentences • You can't get air 		<ul style="list-style-type: none"> • You are worried about getting through the next 30 minutes • Fingernails or lips are grey or blue 	
INFLUENZA SHOT IN THE FALL		AVOID ASTHMA TRIGGERS	
NO SMOKING IN HOME OR CAR			
Follow-up appointment at: Clinic name, clinic and phone number		Return to clinic in:	
Parent/guardian signature	Date		
Health care provider signature	Date		
Provider name			

AAP has been given and reviewed with patient and/or parent. This form provides consent for school/daycare to administer to my child the above medicine as provided by parent or guardian and allows the child to carry the inhaler for which our provider has assessed ability and if approved by the school nurse.