

6-15-2005

# Maine Asthma Plan for Childcare/Preschool and Family

Maine Department of Health and Human Services

Maine Center for Disease Control and Prevention

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## Recommended Citation

Maine Department of Health and Human Services and Maine Center for Disease Control and Prevention, "Maine Asthma Plan for Childcare/Preschool and Family" (2005). *Center for Disease Control Documents*. 77.  
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# MAINE ASTHMA PLAN FOR CHILDCARE/PRESCHOOL AND FAMILY

Child: \_\_\_\_\_ DOB: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

Program/Facility: \_\_\_\_\_ Address: \_\_\_\_\_

Contact: \_\_\_\_\_ Title: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Healthcare Provider: \_\_\_\_\_ Address: \_\_\_\_\_

## TO BE COMPLETED BY CHILD'S PARENT OR GUARDIAN:

*My child's healthcare provider and the staff of the above program/facility may share information about my child's asthma.*

Parent Concerns: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Other phone: \_\_\_\_\_

## TO BE COMPLETED BY CHILD'S PHYSICIAN/HEALTHCARE PROVIDER:

Provider name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Allergies/Triggers:  NONE KNOWN  Dust  Pet dander \_\_\_\_\_  Colds  Tobacco smoke  Mold  
 Strong odors  Pollen  Weather  Exercise  Foods \_\_\_\_\_  Other: \_\_\_\_\_

**GREEN ZONE:**  
*Doing Great!*



**No cough or wheeze, sleeps through the night, can do regular activities, using quick relief medicine no more than 2 times a week:**

**Preventive (Controller) Medicines—given at home EVERY DAY:**

Medicine: \_\_\_\_\_ Dose: \_\_\_\_\_ When: \_\_\_\_\_ Device: \_\_\_\_\_

Medicine: \_\_\_\_\_ Dose: \_\_\_\_\_ When: \_\_\_\_\_ Device: \_\_\_\_\_

Other Instructions: \_\_\_\_\_

**YELLOW ZONE:**  
*Caution!*



**Cough, wheeze, short of breath, can't do usual activities, loss of appetite; using quick relief medicine more than 2 times a week:**

❶ Give Quick Relief Medicine:	Device:	Dose:	When:
<input type="checkbox"/> Albuterol (Proventil, Ventolin)	<input type="checkbox"/> Inhaler and spacer with mask _____		<input type="checkbox"/> Every 4-6 hours as needed for symptoms
<input type="checkbox"/> Xopenex	or <input type="checkbox"/> Nebulizer with mask _____		<input type="checkbox"/> Other _____
<input type="checkbox"/> Other	or <input type="checkbox"/> Nebulizer with mouthpiece _____		

❷ Call parents.

❸ If child doesn't improve within 10–20 minutes, repeat treatment and call parents to pick up child. (Parents should call Healthcare Provider.)

❹ If child gets worse GO TO RED ZONE.

Other: \_\_\_\_\_

**RED ZONE:**  
*Danger!*



**Child has trouble walking or talking, breathing very fast, skin in neck or between ribs pulling in, quick relief medicine not helping:**

❶ Give Quick Relief Medicine:	Device:	Dose:	When:
<input type="checkbox"/> Albuterol (Proventil, Ventolin)	<input type="checkbox"/> Inhaler and spacer with mask _____		<b>GIVE NOW !</b>
<input type="checkbox"/> Xopenex	or <input type="checkbox"/> Nebulizer with mask _____		
<input type="checkbox"/> Other	or <input type="checkbox"/> Nebulizer with mouthpiece _____		

❷ Call parents. If unable to reach, call child's Healthcare Provider. (Parents: call Healthcare Provider NOW!)

❸ CALL 911 if child does not improve within 5-10 minutes, or is getting worse.

Other: \_\_\_\_\_

Healthcare Provider signature: \_\_\_\_\_ Date: \_\_\_\_\_

Maine Asthma Council

For additional copies of this form, call American Lung Association of Maine at 1-800-499-LUNG

06/15/05