



Get on the

Good Days Team

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My Asthma Action Plan

my name _____

create your own Good Days action plan to help you stay safe.

Fill in the spaces. Then click on each monster to learn more.

first, know your asthma colors.

Asthma has 3 colors, like a traffic light.

green

You feel good and breathe easy.

yellow

You feel tightness in your chest or cough. Maybe an attack is coming. Tell an adult.

red

You can't breathe well. You're having an attack. Tell an adult.

Learn more about asthma at [TheNextBreath.com/Pediatric-Asthma](https://www.thenextbreath.com/pediatric-asthma).

my doctor

My doctor is _____

They told me to do this if I feel my asthma starting _____

my medicines

My regular asthma medicine is _____

I also have a quick-relief medicine called _____

How does an attack happen?

my triggers

If you know what your triggers are, write them down here. It's okay if you don't know!

I'll stay away from my triggers as much as I can.

my safety plan

I know I'm having an attack if:

- I can't breathe easily
- I can't walk or talk
- I'm coughing, wheezing, or my chest hurts

If I have an attack, I promise to:

- Use my quick-relief medicine
- Tell an adult
- Sit still and stay calm

If my quick-relief medicine doesn't work, I will:

- Tell an adult to contact the local emergency hotline
- Keep using my quick-relief medicine until medical help arrives
- Sit still and stay calm

I'm taking the Good Days pledge and promise to share it with my teachers.

(Name, Date)