

## McLaren Print System Order

Order No: 57619 Reprint Previous Order No: 6622  
 Order Date: 2020-10-14  
 User: Bobbie Morris  
 Phone: 989-794-4032

Ship Location: McLaren Midland Primary Care-Attention Bobbie  
 801 Joe Mann Blvd., Ste C  
 Midland, Michigan 48642

### Forms

Quantity: 100  
 Paragon Dept No: 56056  
 Dept Name: McLaren Midland Primary Care  
 Company Number: 810

Order Total Price: 57.20

Item Number: MM-70  
 Item Description: Asthma Action Plan (Child)  
 Revision Date: 3/2016  
 Print: 1 sided full color  
 Paper: 3 Part (White, Yellow, Pink)  
 Size: 8.5 x 11  
 Fold:  
 Finish:  
 Drill: None  
 Misc Info: Form found online at: <http://getastmahelp.org/search-results.aspx?q=asthma%20action%20plan>

**Asthma Action Plan**

Name	Date of Birth	Primary Care Physician	
Address	City/State/Zip	Phone	
Doctor's Office Phone Number - Day	Emergency Contact Name/Phone	Emergency Contact Phone	

<span style="color: green;">●</span> Green means <b>GO</b> (Green) for preventive medicine.	<span style="color: yellow;">●</span> Yellow means <b>CAUTION</b> (Yellow) when your symptoms are getting worse.	<span style="color: red;">●</span> Red means <b>DANGER</b> (Red) and you need to call your doctor.
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**GO (GREEN)** Use these medicines every day.

**You have ALL of these:**

- No cough or sputum
- No night or awakenings
- Sleep through the night
- Can walk or play

Medicine	How Much to Take	When to Take It

**CAUTION (YELLOW)** Continue with green zone medicine and ADD:

**You have ANY of these:**

- First sign of a cold
- Symptoms to awaken nights
- Cough
- Mild wheeze
- Light chest
- Coughing or sneezing

Medicine	How Much to Take	When to Take It

**DANGER (RED)** Take these medicines and call your doctor.

**Your asthma is getting worse fast!**

- Medicine is not helping within 15-20 minutes
- Breathing is hard and fast
- Face turns blue
- No sleep
- Can not walk/perform usual tasks
- Trouble walking and talking

Medicine	How Much to Take	When to Take It

**Check all items that trigger your asthma and things that could make your asthma worse:**

<input type="checkbox"/> Cold/flu	<input type="checkbox"/> Smoke (all types)	<input type="checkbox"/> Pets
<input type="checkbox"/> Cigarette smoke and second hand smoke	<input type="checkbox"/> Pests (rodents and cockroaches)	<input type="checkbox"/> Foods
<input type="checkbox"/> Dust/Poll.	<input type="checkbox"/> Pets animal dander	<input type="checkbox"/> Plants, flowers, cut grass, pollen
<input type="checkbox"/> Dust mites, dust, stuffed animals, carpet	<input type="checkbox"/> Strong odors, perfumes, cleaning products	<input type="checkbox"/> Other
<input type="checkbox"/> Exercise	<input type="checkbox"/> Weather temperature change	<input type="checkbox"/> Mold/mildew
<input type="checkbox"/> Sudden temperature change		
<input type="checkbox"/> Wind		

**Asthma Triggers**  
[www.getastmahelp.org](http://www.getastmahelp.org)  
 FOR HEALTHY LUNGS