

4/14/2025

## Asthma Action Plan

**Name:** Leila J Flanagan  
**Doctor's Name:** Cowan, Kelly Jean, MD  
**Primary Care Provider:** ANDREA TIDMAN  
**Emergency Contact Information:**  
Dumont, Nancy J 802-793-1430

**DOB:** 6/4/2009  
**Dept:** 802-847-8600

**Asthma Type:** moderate persistent

**Allergies and Triggers:** Infections / Colds, Exercise, Environmental Allergies, Strong Odors

**Inhaler:** Please administer using spacer device.

GREEN = GO	DAILY MEDICINE
<ul style="list-style-type: none"> <li>Breathing is good</li> <li>No cough, wheeze or chest tightness</li> <li>Sleepthrough the night</li> <li>Can do usual activities</li> </ul>	<b>Medicine/ How Much/ How Often/When</b> Symbicort 160-4.5 2 puffs twice daily Flonase 1 spray each nostril daily Cetirizine 10 mg daily as needed (ok to take daily)

**10-15 MINUTES BEFORE SPORTS OR PLAY, USE:** albuterol MDI 2 puffs as needed

YELLOW = CAUTION	
<ul style="list-style-type: none"> <li>First signs of a cold</li> <li>Cough</li> <li>Wheeze</li> <li>Chest tightness</li> <li>Coughing at night</li> <li>Symptoms with activity</li> </ul>	<b>Medicine/ How Much/ How Often/When</b> Albuterol 2-4 puffs every 4 hours as needed Continue your green zone medications

**\*\* IF NOT BETTER, CALL YOUR HEALTH CARE PROVIDER \*\***

**Signs of Respiratory Distress:** Fast breathing, using chest muscles to breathe, increasing wheezing, ribs show, unable to speak well.

RED = STOP	SYMPTOMS ARE BAD
<ul style="list-style-type: none"> <li>Symptoms are getting worse quickly</li> <li>Medicine is not helping</li> </ul>	<b>Medicine/ How Much/ How Often/When</b> albuterol MDI 4 puffs twice  And call your physician immediately.

**STOP! This could be a life-threatening emergency! Use 4 puff of albuterol / xopenex inhaler OR 1 albuterol / xopenex nebulizer. Call your doctor. You may need to go to the nearest Emergency Room or call 911**

I, Cowan, Kelly Jean, MD authorize medications to be administered per this action plan, including allowing the patient to self-administer medications.

Electronically signed by: Kelly Jean Cowan, MD on 4/14/2025