**Appendix 1 - ASTHMA MANAGEMENT PLAN**

**GREEN ZONE**

* Asthma under control
* Breathing feels good
* No cough or wheeze
* Can take part in normal activities and sports

**ACTION IF NECESSARY**

**Take 2-4 puffs of reliever inhaler as required, if cold symptoms present or before exercise**

If wheezing and no improvement from reliever inhaler (blue) move to **AMBER ZONE.**

**AMBER ZONE – MILD ASTHMA ATTACK**

* Cough, wheeze or tight chest
* Can talk in sentences
* Not distressed

**ACTION**

**GIVE 4 TO 6 PUFFS OF RELIEVER INHALER (BLUE) VIA A SPACER, ONE PUFF AT A TIME, SHAKE THE INHALER BETWEEN PUFFS**

**Reassure and stay with the child**

**Call for help from School Nurse or First Aider**

**Help child to sit up or lean forward**

**Loosen tight clothing**

**Inform the parent/guardian**

**IF NO IMPROVEMENT contact parent to collect child and parent to take them to GP**

If condition worsens move to **RED ZONE.**

**RED ZONE – SEVERE ASTHMA ATTACK**

* Breathing hard and fast
* Can’t talk in sentences
* Distressed
* Becoming exhausted
* Pale/grey/blue in colour
* Feels frightened

**ACTION**

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