



ASTHMA ACTION CARD

Camper Name: _____ Session: _____ Cabin: _____

Parent/Guardian Name: Ph: (h): _____ Ph: (w): _____

Parent/Guardian Name: Ph: (h): _____ Ph: (w): _____

Emergency Phone Contact #1 _____	Name _____	Relationship _____	Phone _____
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Emergency Phone Contact #2 _____	Name _____	Relationship _____	Phone _____
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Physician Treating Camper for Asthma: _____ Ph: _____

Other Physician: _____ Ph: _____

EMERGENCY PLAN

Emergency action is necessary when the student has symptoms such as, _____, _____, _____, _____ or has a peak flow reading of _____.

Steps to take during an asthma episode:

1. Check peak flow.
2. Give medications as listed below. Student should respond to treatment in 15-20 minutes.
3. Contact parent/guardian if _____
4. Re-check peak flow.
5. Seek emergency medical care if the student has any of the following:
 - ✓ Coughs constantly
 - ✓ No improvement 15-20 minutes after initial treatment with medication and a relative cannot be reached.
 - ✓ Peak flow of _____
 - ✓ Hard time breathing with:
 - . Chest and neck pulled in with breathing
 - . Stooped body posture
 - . Struggling or gasping
 - ✓ Trouble walking or talking
 - ✓ Stops playing and can't start activity again
 - ✓ Lips or fingernails are grey or blue

. Emergency Asthma Medications

	Name	Amount	When to Use
1.	_____		
2.	_____		
3.	_____		
4.	_____		

DAILY ASTHMA MANAGEMENT PLAN

. Identify the things which start an asthma episode (Check each that applies to the student.)

- Exercise
- Respiratory infections
- Change in temperature
- Animals
- Food _____
- Strong odors or fumes
- Chalk dust / dust
- Carpets in the room
- Pollens
- Molds
- Other _____

Comments

. Control of Environment

(List any environmental control measures, pre-medications, and/or dietary restrictions that the student needs to prevent an asthma episode.) _____

. Peak Flow Monitoring

Personal Best Peak Flow number: _____

Monitoring Times: _____

. Daily Medication Plan

	Name	Amount	When to Use
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

COMMENTS / SPECIAL INSTRUCTIONS

FOR INHALED MEDICATIONS

I have instructed _____ in the proper way to use his/her medications. It is my professional opinion that _____ should be allowed to carry and use that medication by him/herself.

It is my professional opinion that _____ should not carry his/her inhaled medication by him/herself.

Physician Signature Date

Parent/Guardian Signature Date