

SPRING HILL YOUTH FOOTBALL ASSOCIATION



2018 Asthma Action Plan

To continue our focus on safety measures for our participants, the Spring Hill Youth Football Association (Hawks) has created this Asthma Action Plan that should be followed in the event of an asthma episode. All coaches should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the President or Vice President of the Hawks.

The completion of this plan must be coordinated with the parent(s) of the player to ensure approved actions are taken during any emergency.

Player Information:

Full Name: _____ Age: _____

GO	Use these daily controller medicines:		
<p>You have all of these:</p> <ul style="list-style-type: none"> Breathing is good No cough or wheeze Sleep through the night Can work & play <p>Peak flow:</p> <div style="border: 1px solid green; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> <div style="text-align: center;">from _____ to _____</div> </div>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN
	For asthma with exercise, take:		
CAUTION	Continue with green zone medicine and add:		
<p>You have any of these:</p> <ul style="list-style-type: none"> First signs of a cold Exposure to known trigger Cough Mild wheeze Tight chest Coughing at night <p>Peak flow:</p> <div style="border: 1px solid orange; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> <div style="text-align: center;">from _____ to _____</div> </div>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN
	CALL YOUR ASTHMA CARE PROVIDER.		
DANGER	Take these medicines and call your doctor now.		
<p>Your asthma is getting worse fast:</p> <ul style="list-style-type: none"> Medicine is not helping Breathing is hard & fast Nose opens wide Trouble speaking Ribs show (in children) <p>Peak flow:</p> <div style="border: 1px solid red; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> <div style="text-align: center;">reading below _____</div> </div>	MEDICINE	HOW MUCH	HOW OFTEN/WHEN