

What is an Asthma Action Plan (AAP)?

What is an AAP: An Asthma Action Plan (AAP) gives instructions to help you when your child has an asthma attack. The AAP helps you decide:

1. What medicine to give your child
2. When to give medicine
3. How much medicine to give
4. When to go to the doctor or the emergency room

Who should have an AAP: Every child should have an Asthma Action Plan.

Give copies of your child's AAP to the school nurse, day care center, babysitter, or anyone else who cares for your child so that they know what to do when your child has an asthma attack.

Where can I find an AAP: An Asthma Action Plan should be filled out by your child's doctor.

Sometimes your doctor will give you an Asthma Action Plan. You can also bring your own Asthma Action Plan to your next doctor visit and ask them to fill it out. A sample Asthma Action Plan has been included for you to bring to your doctor.

Just like a traffic light, an Asthma Action Plan is divided into three color zones to help you decide how to help your child:

GREEN ZONE	Tells you what to do if your child's breathing is good
YELLOW ZONE	Tells you what to do when your child starts to have an asthma attack
RED ZONE	Tells you what to do if your child is having a serious asthma attack