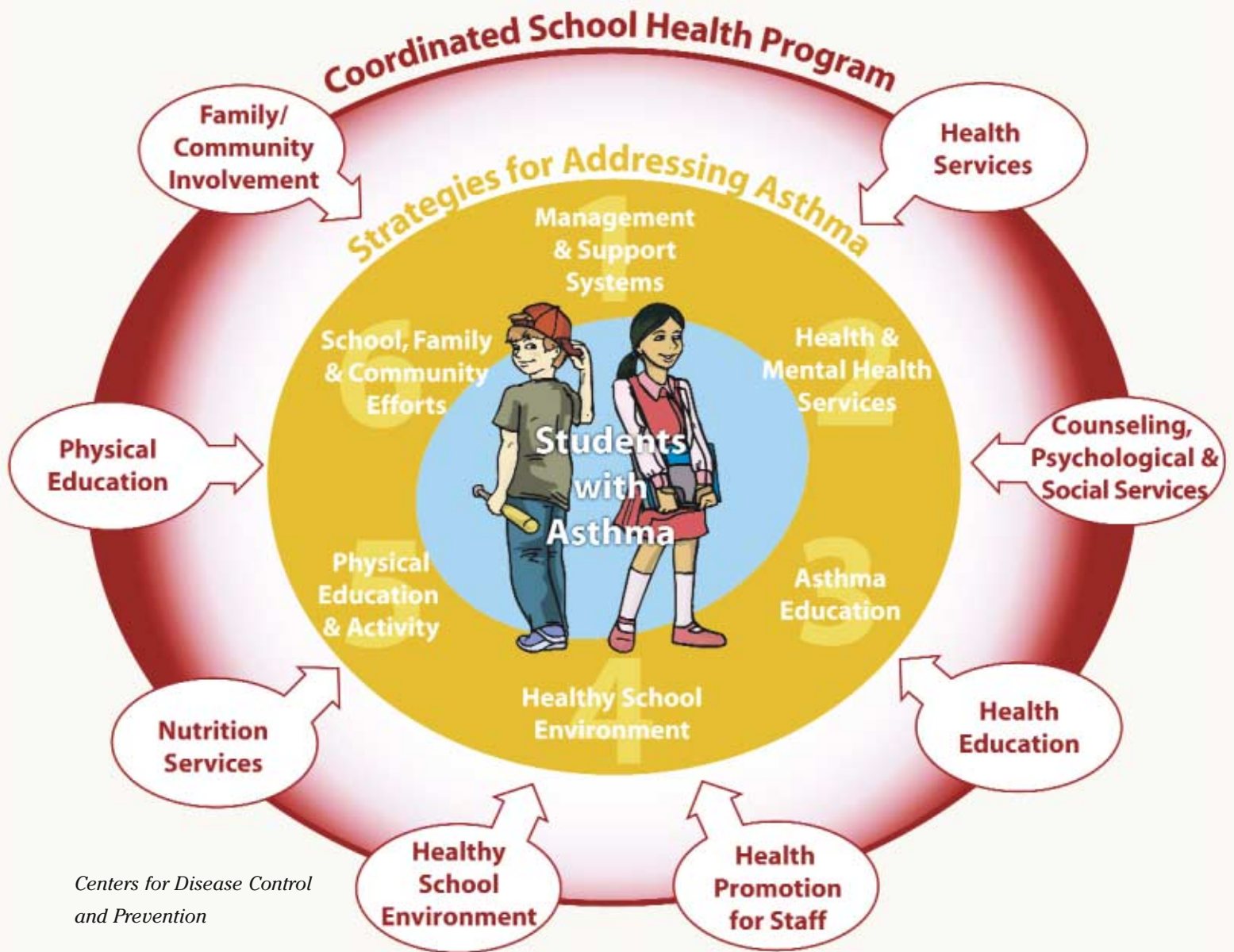


# Individual Student Asthma Action Plans

Every student with asthma needs to have an “asthma action plan” on file with the school nurse—this is the key to asthma planning at school. The action plan, completed by the child’s physician, describes:

- Medication(s) taken—what, when, how, and possible side effects
- Any specific allergies, and their symptoms
- Triggers for asthma symptoms
- When to take a peak flow measurement & what measurements indicate trouble
- What symptoms indicate a potential emergency
- What steps to take in the event of an emergency
- Parent and physician contact information & phone numbers
- Specific instructions regarding environmental conditions, e.g., child participation in field trips on high ozone days



Centers for Disease Control and Prevention