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Name	rint)			[D-1 (D)]		And the second s	
				Date of Birth Effective Date		Effective Date	
Doctor			Parent/Guardian (if applicable)		Emer	Emergency Contact	
Phone			Phone		Phone	Phone	
HEALTHY	• ,	' n	ake daily control m nore effective with a	edicine(s). Son a "spacer" – us	e inhal	ers may be	Triggers Check all items
	You have <u>all</u> of the	INIC	DICINE	HOW MUCH to take	and HOW	OFTEN to take it	that trigger
JE - 1	<ul><li>Breathing is good</li><li>No cough or wheeze</li></ul>		dvair® HFA □ 45, □ 115, □ 2	30 2 puff	s twice a da	NV	patienl's asthma
	• Sleep through		#vesco~[] 80, [] 160	[]1[	□ 2 bulle b	vice a day	☐ Colds/flu ☐ Exercise
	the night	!!!!	Juleraº   1 001 ± 1200	2 nuff	e turina a de	111	U Allergens
	<ul> <li>Can work, exercise,</li> </ul>		lovent <sup>®</sup>	2 puff	s twice a da	iy	Dust Mites
Lange -	and play		var <sup>©</sup>		」Z DUNS IW 3 2 puffe tu	vice a day	dust, stuffed
D w	and play		dvair Diskus <sup>®</sup> [] 100, [] 250, [	1500 1 inha	⊒ z puns (w lation twice	nce a uay	animals, carpe > Pollen - trees
		1 🗆 🗗	ismanex** (Wisthaler*     110.	220 □ 1 □	∃2 inhalatid	ans [] anne ar [] twice a day	grass, weeds
			ioventa diskrisa 🗀 20 🗀 100 🕻	』 250 1 inha	ation twice	a dav	→Mold
		F	'ulmicort Flexhaler® 🔲 90, 🔝 1:	80   1. [	12 inhalatio	INS 🗀 once or 🗀 twice a day.	⇒ Pets - animal
			niwicot: Kesbnies∍ (Rngssouige) 🥅 (	1.25, 🔲 0.5, 🔲 1.0 _ 1 unit	nebulized (T	] once or [] twice a day	dander > Pests - rodents
			ingulair® (Montelukast) 🗌 4, 🔲 5,	. 🔲 10 mg1 table	t daily		cockroaches
And/or Poak	flow above						□ Odors (Irritants)
Allorol I cak	HOW WOOVE				·	<u></u>	) Cigarette smok
	If avaraina triussus		Remember	to rinse your mouth	after tak	ing inhaled medicine.	& second hand smoke
	ii exercise iriggers y	our astnn	a, take this medicine		min	utes before exercise.	Perfumes,
CAUTION	(Yellow Zone) III		ondings alathy a subject of	- 12 - 1 - 1 - 1 - 1 - A man			cleaning products,
			ontinue daily control me	edicine(s) and ADD	quick-re	elief medicine(s).	scented
	You have <u>any</u> of the Cough	se: ME	DICINE	HOW MUCH to take	and HOW	OFTEN to take it	products
( 3.7	• Mild wheeze		ombivent® [] Maxair® [] Xopen	ex <sup>©</sup> 2 ni	ffs every 4	hours as nooded	Smoke from burning wood,
	• Tight chest	□v	entolin© □ Pro-Air® □ Proventi	I® 2 ni	iffe every 4	hours as needed	inside or outsid
SS 480	Coughing at night	ПΩ	lbuterol 🗌 1.25, 🗀 2.5 mg	1 ur	it nebulized	nous as neguen	<b>∪</b> Weather
	Other:	م ال	uoneb <sup>®</sup>	1 ur	it nahulizad	overy 4 hours as needed	⊃ Sudden temperature
53 M	o		openex <sup>®</sup> (Levalbuterol) 🗌 0.31, 🗆	10.63 □ 1.25 mg 1 ur	it nahulizad	overy 4 hours as needed	change
If aujek-relief m	edicina dono not hala with		crease the dose of, or add:	1 0.00, [ 1.20 mg _1 (/	n nonunggo	every 4 hours as heroeu	> Extreme weath
f quick-relief medicine does not help within 15-20 minutes or has been used more than			□ Other				- hot and cold
	nptoms persist, call your	"					⇒ Ozone alert day □ Foods:
doctor or go to	the emergency room.	• 11	quick-relief medici	ne is needed m	ore tha	ın 2 times a	3
	flow fromto	W	eek, except before	exercise, then	call ye	our doctor.	J
							)
EWEKGER	ICY (Red Zone)		Take these med	licines NOW	and	CALL 911	U Other:
Select S	Take these medicines NOW and CALL 911.  Asthma can be a life-threatening illness. Do not wait!						o
16.37	getting worse fast: • Quick-relief medicine			o-unvalviniy i	mess.	טט ווטנ Wait;	.> (-)
	not help within 15-20	. 1	MEDICINE	HOW MUCH t	o take and	HOW OFTEN to take it	o
	Breathing is hard or fa	[ [	Combivent®  Maxair®  Xo	penex <sup>®</sup>	_2 puffs e	very 20 minutes	This asthma treatmen
(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	<ul> <li>Nose opens wide • Rit</li> </ul>	s show 📙	TARLEMENT TO SAFE TO SELECT	enur	Z putts e	verv 20 minutes	plan is meant to assis
CD	<ul> <li>Trouble walking and t</li> </ul>	alking L	] Albulerol 🔲 1.25, 🗀 2.5 mg _ ] Duoneb <sup>©</sup>		1 unit net	pulized every 20 minutes	not replace, the clinica
And/or	• Lips blue • Fingernail:	s blue	] Duoneb <sup>©</sup> ] Xopenex <sup>®</sup> (Levalbuterol) [] 0.31	□ 0.62 □ ± 25 mg	1 unit net	oulized every 20 minutes	decision-making
Peak flow below	• Other:	—   <u>-</u>	] Other	, 🔲 0.03, 🔝 1.25 IIIg _	_ i unit net	oulized every 20 minutes	required to meet
						VA. 2	individual patient need
Prince of the last	The street of th		Outra a state to a survey of				
Caretta de Alexandre de Caretta d	at most refractional interest of the state o		Self-administer Medication:	PHYSICIAN/APN/PA SIGN	ATURE		DATE
			is capable and has been instructed method of self-administering of the				
Object to enterprise and the confidence of the contract of the			oper method of self-administering of the ulized inhaled medications named above			_	
in account of the second secon			rdance with MTLavy				
nner 1865 pr. 4 ip of 18 kunt 1863 pr. 4 ip of 18 an hantsauchanner 18 deptat new bener 1865	Shirtan and a general transplant of the same of the sa	This studen	t is <u>not</u> appro ved to self-medicate.	PHYSICIAN STAM	٢		
REVISED JULY 20	nt alresta desarra diagnosa			1			
ermission to reproduce by	Mik Dam - skere passe og	ake a copy	for parent and for physician f	ile, send original to scl	ool nurse	or child care provider.	