



Asthma and Allergy  
Foundation of America®

NEW ENGLAND CHAPTER

*Your child needs an*

# **ASTHMA ACTION PLAN**

*at school!*



An **ASTHMA ACTION PLAN** is the tool you need to help keep your child healthy.

Your **school nurse** needs an **ASTHMA ACTION PLAN** to take better care of your child.

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**Get a *written* ASTHMA ACTION PLAN  
from your doctor.**

**Make sure to give a copy to your school nurse  
now or by the start of the new school year.**

A written **asthma action plan** is a guide to how to keep your child's asthma well-controlled, and what to do if it gets worse. It should include:

- Your child's allergy and asthma triggers – the things that make the asthma worse
- Symptoms to watch for (such as cough, wheeze, chest tightness, waking up at night due to asthma, not being able to do usual activities)
- Which medicine to use, when, and how much
- What to do if your child's asthma symptoms are worsening and how to decide if you need to get help immediately

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**Contact us if you  
would like an Asthma  
Action Plan form,  
or more information  
about asthma.**

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