CHILD CARE ASTHMA/ALLERGY
ACTION CARD

DAILY ASTHMA/ALLERGY MANAGEMENT PLAN

- Identify the things that start an asthma/allergy episode
  (Check each that applies to the child)
  - Animals
  - Bee/Insect Sting
  - Chalk Dust
  - Change in Temperature
  - Dust Mites
  - Exercise
  - Latex
  - Molds
  - Pollens
  - Respiratory Infections
  - Smoke
  - Strong Odors
  - Food:
  - Other:
  - Other:

Comments: ____________________________________________________________

- Peak Flow Monitoring (for children over 4 years old)
  Personal Best Peak Flow reading: ____________________________
  Monitoring Times: __________________ _______ _______________

- Control of Child Care Environment (List any environmental control measures, pre-
  medications, and/or dietary restrictions that the child needs to prevent an asthma/allergy
  episode.) _______________________________________________________

• Daily Medication Plan for Asthma/Allergy

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount</th>
<th>When to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

OUTSIDE ACTIVITY AND FIELD TRIPS
The following medications must accompany child when participating in outside activity and field trips:

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount</th>
<th>When to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*This document may be reproduced, provided credit is given to AAFA

Rev. 5/01
ASTHMA EMERGENCY PLAN
Emergency action is necessary when the child has symptoms such as ______________
or has a peak flow reading at or below _______________________________________

- Steps to take during an asthma episode:
  1. Check peak flow reading (if child uses a peak flow meter).
  2. Give medications as listed below.
  3. Check for decreased symptoms and/or increased peak flow reading.
  4. Allow child to stay at child care setting if: ________________________
  5. Contact parent/guardian
  6. Seek emergency medical care if the child has any one of the following:
    → No improvement minutes after initial treatment with medication.
    → Peak flow at or below ____________________.
    → Hard time breathing with:
      - Chest and neck pulled in with breathing.
      - Child hunched over.
      - Child struggling to breathe.
    → Trouble walking or talking.
    → Stops playing and cannot start activity again.
    → Lips or fingernails are gray or blue.

- Emergency Asthma Medications:

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount</th>
<th>When to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Special Instructions: ____________________________________________

ALLERGY EMERGENCY PLAN
- Child is allergic to: ____________________________________________

- Steps to take during an allergy episode:
  1. If the following symptoms occur, give the medications listed below.
  2. Contact Emergency help and request epinephrine.
  3. Contact the child’s parent/guardian.

- Symptoms of an allergic reaction include:
  (Physician, please circle those that apply)
  → Mouth/Throat: itching & swelling of lips, tongue, mouth, throat; throat tightness; hoarseness; cough
  → Skin: hives; itchy rash; swelling
  → Gut: nausea; abdominal cramps; vomiting; diarrhea
  → Lung*: shortness of breath; coughing; wheezing
  → Heart: pulse is hard to detect; “passing out”

*If child has asthma, asthma symptoms may also need to be treated.

- Emergency Allergy Medications:

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount</th>
<th>When to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Special Instructions: ____________________________________________

IF THIS HAPPENS, GET EMERGENCY HELP NOW!