22-10 Thistle Hill Road
Fair Lawn, NJ 07410
(201) 555-0118
thistlehillpeds.example

Thistle Hill Pediatrics

Asthma Action Plan - school year 2026-27

STUDENT		
NAME Timofey (Tim) Zaretsky	DATE OF BIRTH 04/09/2013	SCHOOL, GRADE Alder Brook Middle School, 8
PARENT OR GUARDIAN Yulia Zaretskaya, (201) 555-0143	SECOND CONTACT Pavel Zaretsky, (201) 555-0167	ASTHMA Exercise-induced only
TRIGGERS Exercise, cold air	DRUG ALLERGIES None known	DAILY CONTROLLER MEDICINE None

GREEN ZONE: BREATHING WELL	
BEFORE EXERCISE Albuterol HFA 90 mcg, 2 puffs with spacer	WHEN 15 minutes before PE, practice or a meet

YELLOW ZONE: COUGH, WHEEZE, TIGHT CHEST		
QUICK RELIEF Albuterol 2 puffs	REPEAT Once after 20 minutes if needed	THEN Rest. Call a parent if no better after the second dose

RED ZONE: EMERGENCY	
SIGNS Cannot speak in sentences, lips blue, ribs pulling in	DO Albuterol 4 puffs, call 911, call a parent

AUTHORIZATION		
MAY CARRY AND USE THE INHALER HIMSELF Yes	INHALERS AT SCHOOL Nurse's office; swim bag	VALID 09/01/2026 to 08/31/2027
PHYSICIAN Marina Vaysman, MD	DATE 08/18/2026	

Physician: *M. Vaysman* Parent: *Y. Zaretskaya*