

CONTROLLING ASTHMA

Asthma is a long-term disease that can't be cured, but your asthma can be controlled. By knowing the warning signs of an asthma attack, staying away from things that trigger an attack, and following the advice of your health care provider, you can keep your asthma under control.

If your asthma is in control, you should expect

- No or few asthma symptoms, even at night or after exercise
- Prevention of all or most asthma attacks
- Participation in normal physical activities, including exercise
- No emergency room visits or hospital stays
- Less need for quick-relief medicines

Asthma Action Plan

Taking an active role to control your asthma involves working with your doctor and other clinicians on your health care team to create and follow an asthma action plan. An asthma action plan gives guidance on taking your medicines properly, avoiding factors that worsen your asthma, tracking your level of asthma control, responding to worsening asthma, and seeking emergency care when needed.

Use this sample plan, together with your doctor, to write down how to manage your asthma on a daily basis and during an attack.

GREEN ZONE

This is where you should be everyday.

Peak Flow _____ to _____
(50% - 80% of best)

YOU SHOULD...

- have no asthma symptoms during the day or night
- be able to do normal activities
- have no problems while sleeping

1. TAKE LONG-TERM CONTROL MEDICATIONS EVERY DAY

Medication	How Much	When

2. AVOID YOUR ASTHMA TRIGGERS

YELLOW ZONE

Take these actions to get your asthma under control.

Peak Flow _____ to _____
(50% - 80% of best)

EARLY WARNING SIGNS

- coughing, wheezing, chest tightness, shortness of breath
- unable to sleep at night
- can do some, but not all, usual activities

1. ADD QUICK-RELIEF MEDICINE AND KEEP TAKING YOUR GREEN ZONE MEDICINE

Medication	How Much	When

2. If your symptoms (and peak flow, if used) return to green zone after 1 hour of above treatment, continue monitoring to keep in the green zone.

OR

If your symptoms (and peak flow, if used) do not return to green zone after 1 hour of above treatment

- ☐ Take _____
- ☐ Add _____
- ☐ Call the doctor before / within _____ hours after taking the oral steroid

RED ZONE

This is an emergency. Take these actions.

Peak Flow _____ to _____
(below 50% - 80% of best)

LATE WARNING SIGNS

- a lot of difficulty breathing
- cannot do usual activities
- "quick relief" medications have not helped
- lips or nails blue
- symptoms are same or get worse after 24 hours in yellow zone

1. TAKE MEDICINE

Medication	How Much	When

2. THEN CALL YOUR DOCTOR NOW

Doctor _____

Phone _____

- Go to the hospital or call an ambulance if
- you are still in the **red zone** after 15 minutes AND
 - you have not reached your doctor