

Controlling Asthma



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 every day.

Peak Flow _____ to _____
(80% - 100% 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 YOUR 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% 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 THIS 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



Remember

Your asthma may be getting worse if

- Your symptoms start to occur more often, are more severe, and/or bother you at night and cause you to lose sleep
- You're limiting your normal activities and missing school or work because of your asthma
- Your peak flow number is low compared to your personal best or varies a lot from day to day
- Your asthma medicines don't seem to work well anymore
- You have to use your quick-relief inhaler more often.
If you're using quick-relief medicine more than 2 days a week, your asthma isn't well controlled
- You have to go to the emergency room or doctor because of an asthma attack

If you have any of these signs, see your doctor. He or she may need to change your medicines or take other steps to control your asthma.