

Manage Asthma and Breathe Easier!

According to the American Lung Association, nearly 26 million Americans have ASTHMA, including more than 7 million children.

Asthma is a chronic lung condition that inflames and narrows the airways of your lungs, making it difficult to breathe. It causes a variety of symptoms, such as wheezing, coughing, chest tightness and shortness of breath.



Avoid common triggers and visit your healthcare provider



cigarette smoke



dust & pollen



air pollution



animal dander



The best way to manage your asthma is by avoiding triggers, monitoring your symptoms and working closely with your healthcare provider.

Common triggers are:

- Medical Conditions – respiratory infections, cold, flu or sinus infections
- Food & Medicine – food allergies, aspirin, anti-inflammatories or herbal remedies
- Smoke – cigarette or campfire
- Weather & Air Pollution – extreme temperatures, wind, high humidity and smog
- Pollen – trees, grass and weeds
- Animals – dander and saliva
- Pests – dust mites, cockroaches and rodents
- Strong odors – perfumes, household cleaners, gas or fumes
- Other – mold, stress and exercise

Don't just cope with your asthma symptoms, partner with your healthcare provider to manage them.

- Visit your healthcare provider every 6-12 months or more often if you have symptoms
- Develop an Asthma Action Plan to know the steps to prevent and respond to an asthma episode
- Take your asthma medications as directed
- Tell your healthcare provider what makes your symptoms worse
- Monitor your asthma daily and treat symptoms quickly

Name _____ DOB ____/____/____

Severity Classification Intermittent Mild Persistent Moderate Persistent Severe Persistent

Asthma Triggers (list) _____

Peak Flow Meter Personal Best _____

Green Zone: Doing Well

Symptoms: Breathing is good – No cough or wheeze – Can work and play – Sleeps well at night

Peak Flow Meter _____ (more than 80% of personal best)

Control Medicine(s)	Medicine	How much to take	When and how often to take it
	_____	_____	_____
	_____	_____	_____

Physical Activity Use albuterol/levalbuterol ____ puffs, 15 minutes before activity
 with all activity when you feel you need it

Yellow Zone: Caution

Symptoms: Some problems breathing – Cough, wheeze, or chest tight – Problems working or playing – Wake at night

Peak Flow Meter _____ to _____ (between 50% and 79% of personal best)

Quick-relief Medicine(s) Albuterol/levalbuterol ____ puffs, every 4 hours as needed

Control Medicine(s) Continue Green Zone medicines
 Add _____ Change to _____

You should feel better within 20–60 minutes of the quick-relief treatment. If you are getting worse or are in the Yellow Zone for more than 24 hours, THEN follow the instructions in the RED ZONE and call the doctor right away!

Red Zone: Get Help Now!

Symptoms: Lots of problems breathing – Cannot work or play – Getting worse instead of better – Medicine is not helping

Peak Flow Meter _____ (less than 50% of personal best)

Take Quick-relief Medicine NOW! Albuterol/levalbuterol ____ puffs, _____ (how frequently)

Call 911 immediately if the following danger signs are present

- Trouble walking/talking due to shortness of breath
- Lips or fingernails are blue
- Still in the red zone after 15 minutes

Emergency Contact Name _____ Phone (____) _____ - _____

Healthcare Provider Name _____ Phone (____) _____ - _____