

# My Asthma Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

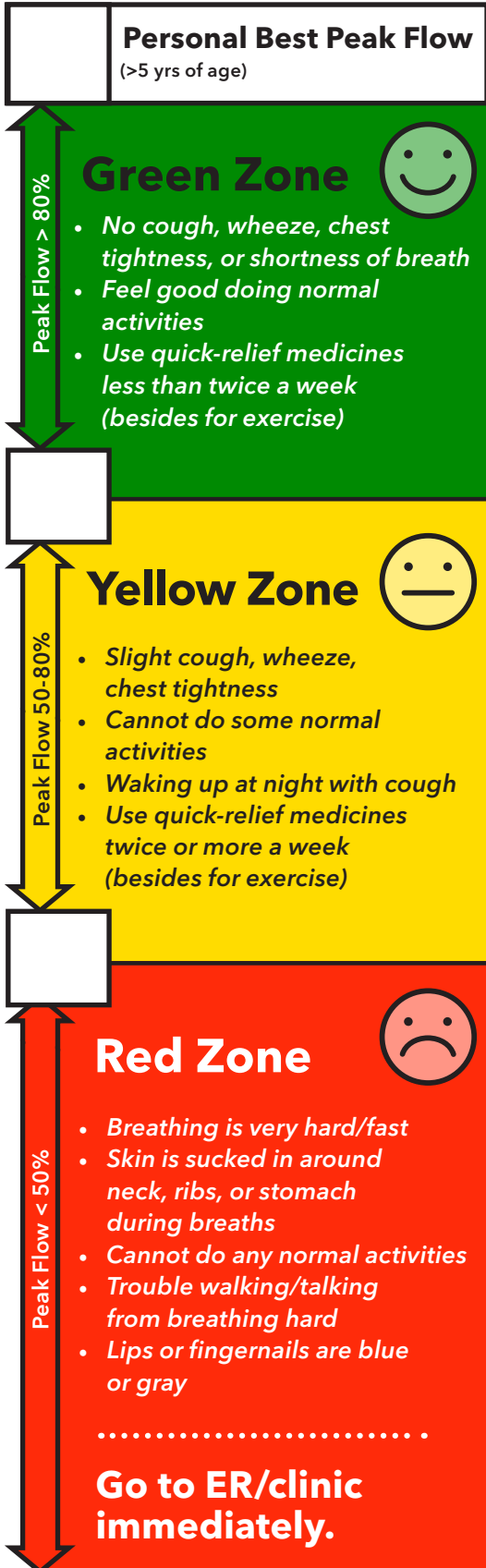
Personal Best Peak Flow: \_\_\_\_\_

ZONE		MEDICINE		SCHEDULE				
<b>Green</b> well	<b>controller</b>	<input type="text"/>	<input type="text"/> mcg	Morning	Exercise		Bedtime	
	▶	<input type="text"/> puffs or clicks	<input type="text"/> time(s) a day					
	<b>Singular</b>	(montelukast)						
	<b>rescuer</b>	albuterol			15-30 MIN BEFORE			
▶	2 puffs if exercise triggers your asthma							
<b>allergy</b>	use in all zones as needed	<input type="checkbox"/> fexofenadine	<input type="checkbox"/> diphenhydramine					
		<input type="checkbox"/> cetirizine	<input type="checkbox"/> fluticasone	<input type="checkbox"/> loratadine				
<b>Yellow</b> some cough or wheeze	<b>rescuer</b>	albuterol		Morning	Lunch	Afternoon	Bedtime	Night
	▶	2-4 puffs or 1 vial every 4 hours until cough is controlled		YES	YES	YES	YES	
	<b>controller</b>	<input type="text"/>	<input type="text"/> mcg	YES			YES	
	▶	<input type="text"/> puffs or clicks	<input type="text"/> time(s) a day for <input type="text"/> week(s)	then return to green zone ▲				
<b>Singular</b>	(montelukast)							
<b>Red</b> difficulty breathing	<b>GO IN NOW! Call (510) 675-4050 to be seen in clinic or go to ER</b>			Morning	Lunch	Afternoon	Bedtime	Night
	<b>rescuer</b>	albuterol		YES	YES	YES	YES	YES
	▶	4-6 puffs or 1 vial every <input type="text"/> hours as directed by doctor						
	<b>controller</b>	<input type="text"/>	<input type="text"/> mcg	YES			YES	
	▶	<input type="text"/> puffs or clicks	<input type="text"/> time(s) a day for <input type="text"/> week(s)					
<b>emergency</b>	<input type="checkbox"/> prednisolone (Prelone)	<input type="checkbox"/> prednisone	<input type="checkbox"/> dexamethasone					
▶	<input type="text"/> mL or <input type="text"/> tabs(s)	<input type="text"/> time(s) a day for <input type="text"/> day(s)	<b>Remember to follow up with your physician in 1 week</b>					

- 4 Quick Tips for Using Inhalers:**
- 1 Use a spacer or AeroChamber to get medicine into lungs
  - 2 Wait 1 min. between puffs
  - 3 If using both inhalers, use rescuer, wait 5 min. then use controller
  - 4 Rinse mouth after using controller

# My Asthma Zones

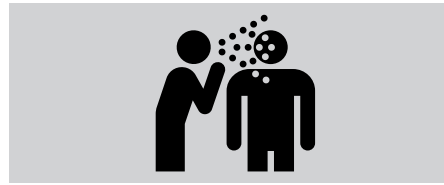
Use your **symptoms** and/or your **peak flow** measurement to determine your current asthma zone. Our goal is to keep you in the Green Zone so that you can stay healthy and active.



# My Asthma Triggers

Limiting exposure to your asthma triggers will help keep you in the Green Zone and feeling well. Each person has different triggers – what are yours?

## A few triggers that everyone with asthma should avoid:



### INFECTIONS

such as colds and flu, sinus infections, pneumonia

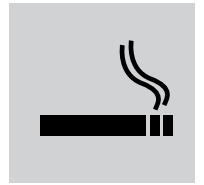
Wash your hands frequently with soap and water, or clean them with an alcohol-based hand cleaner.

Remember to get a flu shot every fall!



### STRONG ODORS

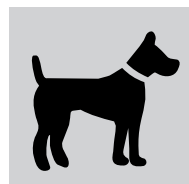
such as perfumes, potpourri, hair-spray, household cleaning products, glues, paints



### SMOKE

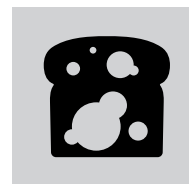
Keep your home and car free of smoke and avoid smoky areas.

## Some common triggers that need to be controlled or avoided only if they trigger asthma symptoms for you or your child:



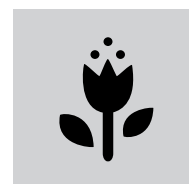
### PETS

that have fur or feathers



### MOLDS

that can grow in damp areas



### POLLEN

from grasses, trees, and weeds\*



### COCK ROACHES



### DUST MITES

tiny bugs that live in household dust and bedding

Use allergy medicine in all zones as needed



### PHYSICAL ACTIVITY

Ask your doctor how to use your medicines to help control your asthma symptoms. You need to stay as physically active as possible!



### WEATHER\*:

changes in weather; cold, dry air

\* Don't keep your child inside, but do everything you can to offset the effects of pollen and other outdoor triggers.