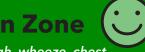
My Asthma Plan Name:						Date:		Personal Best Peak Flow:		
ZONE	MEDICINE					SCHEDULE				
Green	controller mcg				Morning		Exercise B		dtime	
	▶ puf	puffs or clicks time(s) a day								
	Singulair (montelukast)									
	rescuer albuterol					15-30				
peak flow more than	puffs if exercise triggers your asthma							MIN BEFORE		
	allergy	use in all zones as needed fexofenadine diphenhydramine cetirizine fluticasone loratadine								
Some cough or wheeze	rescuer	rescuer albuterol					Lunch	Afternoon	Bedtime	Night
	▶ 2-4 puffs or 1 vial every 4 hours until cough is controlled					YES	YES	YES	YES	**************************************
	controller mcg				YES	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
	puffs or clicks time(s) a day for week(s) then return to green zone ▲							YES		
	Singulair (montelukast)									0 0 0 0 0 0 0 0 0 0 0
Red difficulty breathing	GO IN NOW! Call (510) 675-4050 to be seen in clinic or go to ER					Morning	Lunch	Afternoon	Bedtime	Night
	rescuer	albuterol				¥				
	▶ 4-6 puffs or 1 vial every hours as directed by doctor					YES	YES	YES	YES	YES
	controller				mcg					2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
	puffs or clicks time(s) a day for week(s)					YES			YES	
peak flow less than	emergency	☐ prednisol	one (Prelone) 🗌 prednise	one 🗌 de	examethasone					2 6 6 7 7 8 8 8 8 8 8 8 8
	▶ mL	or tabs((s) time(s) a day for	y(s)	Remember to follow up with your physician in 1 week					
4 Quick Tips for Using Inhalers: 1 Use a spacer or aerochamber to get medicine into lungs 2 Wait 1 min. between put			ffs 3 If using wait 5	g both inhale min. then use	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.

> **Personal Best Peak Flow** (>5 yrs of age)

Green Zone



- No cough, wheeze, chest tightness, or shortness of breath
- Feel good doing normal activities
- Use quick-relief medicines less than twice a week (besides for exercise)

Yellow Zone



- · Slight cough, wheeze, chest tightness
- Cannot do some normal activities
- Waking up at night with cough
- Use quick-relief medicines twice or more a week (besides for exercise)

Red Zone



- Breathing is very hard/fast
- Skin is sucked in around neck, ribs, or stomach during breaths
- Cannot do any normal activities
- Trouble walking/talking from breathing hard
- Lips or fingernails are blue or gray

Go to ER/clinic immediately.

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.