



Treating Asthma Flares

Preventing Asthma Emergency Room Visits

1. **ALWAYS HAVE ASTHMA MEDICATIONS HANDY**

Refill Medications early when they are running low.

Use our automatic refill system. Available 24/7 at 510-784-4591

For emergency refills after hours, please go to the 24 hour San Leandro hospital pharmacy

2. **LOOK FOR SYMPTIONS**

Yellow zone (mild flare): Coughing, mild wheezing, chest congestion but breathing is adequate. Usually, a mild flare can be treated according to your Asthma Plan and consultation with your doctor, by phone or office visit and does not require emergency room visit.

Red zone (severe flare): Fast breathing, shortness of breath, pronounced stomach movement, persistent coughing, tight wheezing, or peak flow below 50% of Best.

Increase meds per Red Zone plan, but **RED ZONE flares DO require an Emergency Room visit if after clinic hours.**

3. **TREAT FLARES EARLY WITH YOUR ASTHMA PLAN**

Get an Asthma plan from your doctor and start inhalers for yellow zone at first sign of persistent cough.

Rescue Inhaler: (Albuterol)

- Usually give **2-4 puffs EVERY 4 HOURS** around the clock until the cough is better.
- Give a dose in the middle of the night or at school if your child is coughing.
- Increase the number of puffs early in the flare. Max dose of 4-6 puffs each treatment.

Controller Inhaler: (QVar, Flovent, Asmanex, Pulmicort, Singular or Dulera)

- If prescribed, use your daily preventive medication to prevent flares (**Green Zone**)
- For persistent cough, follow your **Yellow Zone** plan. Usually this is 2-4 inhalations twice a day. *(For Dulera max is 2 inhalations twice daily)*
- Check with your doctor if this is not helping.
- Use correct technique and appropriate spacer with inhalers. Rinse mouth post use.