

DOCTOR:

OFFICE PHONE:

AFTER HOURS PHONE:

EMERGENCY ROOM:

ASTHMA INFORMATION SOURCES:

1. Asthma and Allergy Foundation of America: 1-800-7ASTHMA
2. Allergy and Asthma Network/ Mothers of Asthmatics, INC.: 1-800-878-4403
3. American Academy of Allergy, Asthma and Immunology: 1-800-822-2762
4. American Lung Association: 1-800-LUNG USA
5. American Lung Association – Michigan 1-800-543-LUNG
www.getasthmahelp.org
www.alam.org

WHEN TO MONITOR YOUR PEAK FLOW:

- In the morning soon after waking up.
- Before supper.
- Before bed.
- Before and 10-15 minutes after inhaled medications.
- With increased respiratory symptoms.

NOTES:

- Always take your rescue inhaler/spacer with you.
- If a gradual decline from green zone to yellow or red zone occurs over several days in spite of regular treatment, call the doctor.
- Plan ahead, refill your prescriptions early



Developed by St. John Hospital and St. John Medical Group, PC Pediatric Asthma Project Team.

ADULT AND PEDIATRIC ASTHMA CONTROL PLAN

for

Date: _____

Personal Best Peak Flow: _____



GREEN ZONE

GOOD CONTROL

Green Zone: Peak Flow Reading
Greater than _____ liters/min.
(80-100% of personal best)

Symptoms: None

YELLOW ZONE

CAUTION

Yellow Zone: Peak Flow Reading
Between _____ and _____ liters/min.
(50-80% of personal best)

Symptoms: Coughing, wheezing, shortness of breath, tightness in the chest, or other symptoms of an asthma episode. Symptoms may be mild.

RED ZONE

DANGER

Red Zone: Peak Flow
Less than _____ liters/min.
(below 50% of personal best)

Symptoms: Can't stop coughing, very short of breath, trouble walking and talking, tightness in the chest, other symptoms.

Take the following Green Zone medicine(s).

Continue green zone medicines and add the following medicine(s) to get your asthma back under control.

Continue taking green zone medicine(s) and add the following medicine(s). Call your doctor (say this is an emergency, and ask what you should do next).

 Maintenance Medicine:

 Rescue Medicine:

If exercise/play causes your asthma to act up or become worse, take medicine(s) _____

10 minutes before exercise/play.

To keep your asthma under control:

- Stay away from things that make your asthma worse (such as animals, smoke, etc.)
Talk to your doctor about these things.

- If your peak flow rate or symptoms are not better in 30-60 minutes after taking medicine listed above, **call your doctor.**
- Stay away from things that make your asthma worse.
- Continue the increased treatment up to _____ days.
Call your doctor if peak flow reading doesn't return to normal.

Go to the doctor or hospital right away or call an ambulance without delay if:

- You are struggling to breathe or your lips or fingernails turn a little blue or gray.
- Your peak flow remains in the **Red Zone** 20 minutes after taking your medicine.