Green Zone

DOING WELL!

- No cough, wheeze, chest tightness, or shortness of breath
- Feel good doing usual activities
- Use quick-relief medicines less than two days a week (except for exercise)

Peak Flow: or more
(80% –100% of personal best)

Personal Best Peak Flow:

Prevent asthma symptoms every day and feel good!

Take control medicines (controllers or preventers) every day.
Take puffs / doses every hours / times per day:

- QVAR 80
- Asmanex 110 / 220
- Singular 10 mg: one tablet a day, at nighttime.
- Pulmicort Flexhaler 90 / 180
- Advair 100 / 250 / 500: no more than one puff, two times a day
- Dulera 100 / 180: no more than 2 puffs, two times per day
- Other:

Remember to rinse your mouth with water and gargle after using an inhaler!

If activity or exercise causes asthma symptoms, take quick-relief medicines.
Take puffs / doses 15–30 minutes before starting activity or exercise:

- Albuterol HFA (ProAir, Ventolin, Proventil)
- Other:

Avoid things that increase asthma symptoms. See other side for a checklist of triggers.

Know where you stand. Take the Asthma Control Test (ACT) to see if your asthma is in good control.
(Good control = a score over 19.)

Remember! Using a spacer with your inhaler gets more medicine into your lungs and lowers side effects.

Yellow Zone

CAUTION

- Slight cough, wheeze, chest tightness or shortness of breath
- Mild chest congestion from a cold or allergies
- Regular breathing is faster than normal
- Have a hard time doing daily activities
- Waking up at night with cough
- Using quick-relief medicines more than two days a week (except before exercise)

Peak Flow: to
(>50% to <80% of personal best)

Take action to get back in the green zone.

CALL YOUR DOCTOR OR ADVICE NURSE IF YOUR YELLOW ZONE SYMPTOMS ARE NOT GETTING BETTER AFTER 2 DAYS! Phone Number_________________

Take quick-relief medicines to improve your asthma symptoms.
Use puffs / doses every hours for up to 2 days:

- Albuterol HFA (ProAir, Ventolin, Proventil)
- Other:

Increase or add control medicines (controllers or preventers) until you are back in the Green Zone to puffs / doses every hours / times per day for weeks:

- QVAR 80
- Asmanex 110 / 220
- Dulera 100 / 180: no more than 2 puffs, two times per day
- Pulmicort Flexhaler 90 / 180
- Advair 100 / 250 / 500: no more than one puff, two times a day
- Other:

Remember to rinse your mouth with water and gargle after using an inhaler!

Once you have been back in the Green Zone for days (OR ACT score over 19), gradually reduce your medications:

- Quick-relief medicines:
- Control medicines:
- Other asthma medicine:

Red Zone

FLARE-UP

- Persistent cough or wheeze
- Very short of breath
- Cannot do usual activities
- Waking up more than once at night with cough or wheeze
- Fast breathing
- Symptoms are not getting better after 2 days in the Yellow Zone

Peak Flow: (less than 50% of personal best)

GET HELP NOW!

TO BE SEEN TODAY, CALL

Take quick-relief medicines immediately.

- Albuterol HFA (ProAir, Ventolin, Proventil): use puffs.
- Other:
- Albuterol Nebulizer Solution: 1 vial / 0.5 ml + 0.3 ml saline.

If symptoms do not improve after 20 minutes, take quick-relief medicines again and contact your doctor—you may need to be seen today.

If symptoms still do not improve after 20 more minutes take quick-relief medicines a third time.

Do not take quick-relief medicines more than three times.

Take flare-up (burst) medicines.

- Prednisone mg tablets: tabs every hours.
- Prednisolone mg /5 ml syrup: tsp(s) every hours.

Increase or add these control medicines to puffs / doses every hours for weeks:

- QVAR 80
- Asmanex 110 / 220
- Dulera 100 / 180: no more than 2 puffs, two times per day
- Pulmicort Flexhaler 90 / 180
- Advair 100 / 250 / 500: no more than one puff, two times a day
- Other:

Remember to rinse your mouth with water and gargle after using an inhaler!

DANGER! Call 911 or go to the Emergency Room immediately if you are:

- Breathing very hard or fast
- Skin is sucked in around the neck, ribs, or stomach during breaths
- Breathing so hard that you cannot walk or talk
- If your lips or fingernails turn blue or gray

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KNOW YOUR ASTHMA TRIGGERS

Asthma triggers can cause symptoms and flare-ups. Limiting exposure to them will help keep you in the Green Zone, feeling good. Each person has different triggers. What are yours?

INFECTIONS
Infections are one of the most common triggers.
- colds and flu
- sinus infections
- bronchitis and pneumonia

AIR POLLUTANTS AND OTHER IRRITANTS THAT MAY BOTHER YOUR LUNGS
- smoke from cigarettes, cigars, fireplaces, wood burning stoves, or incense
- smog
- plug-ins or air fresheners
- perfumes or other fragrances
- aerosol sprays, including hair spray
- strong chemical fumes from kitchen and bathroom cleaners, paints, and glues

COMMON ALLERGIES
Allergy testing can tell you which allergens you should avoid. Ask your doctor if allergy testing would be helpful.
- dust mites: tiny microbes too small to see without a microscope that live in household dust and bedding
- pets that have fur or feathers
- cockroaches
- molds which can grow in damp areas, such as the kitchen, the bathroom, and in the soil of houseplants
- pollen from grasses, trees, and weeds *

PHYSICAL ACTIVITY
Even though physical activity can be a trigger, it is still important to keep physically active. You can use medicines to help control asthma that is triggered by physical activity.
- exercise
- intense activity (climbing stairs, hauling heavy objects, etc.)

OTHER TRIGGERS
- stress
- changes in weather *
- cold, dry air *
- sulfites, a preservative found in dried fruits, wine, condiments, and certain other foods
- live Christmas trees
- aspirin or aspirin-like drugs, such as ibuprofen (In rare cases, these can trigger severe asthma attacks, more often in adults than in children.)

* Don’t stay inside—but do everything you can to offset the effects of pollen and other outdoor triggers.

For more information and resources, visit your doctor’s home page at kp.org/mydoctor or kp.org/asthma.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

An emergency medical condition is (1) a medical or psychiatric condition that manifests itself by acute symptoms of sufficient severity (including severe pain) such that you could reasonably expect the absence of immediate medical attention to result in serious jeopardy to your health or body functions or organs; or (2) active labor when there isn’t enough time for safe transfer to a Plan hospital (or designated hospital) before delivery, or if transfer poses a threat to your (or your unborn child’s) health and safety.