

Goals of Asthma Care

Do you feel this way?

"I'm so tired of waking up at night, coughing and wheezing. It seems like I'm always using my inhaler so I can breathe. I wish I could get my symptoms under control."

- Ellen J. – newly diagnosed with persistent asthma

You don't have to!

Most people with asthma should be able to:

- ✓ Sleep well almost every night
- ✓ Go to school and work every day
- ✓ Use a rescue (quick-relief) inhaler infrequently
- ✓ Exercise and play sports

The image shows a sample Asthma Action Plan form. At the top, it says 'NAME/LOGO HERE' and 'Asthma Action Plan'. Below that, there are fields for 'Name', 'Date', 'Doctor', 'Phone for doctor or clinic', 'Emergency 911 or', and 'My best peak flow reading when I am feeling fine is:'. The form is divided into three color-coded zones: Green, Yellow, and Red. The Green zone is titled 'Green' and says 'Use your controller medicine every day'. It lists 'Breathing is good' with symptoms like 'No cough or wheeze' and 'Can work and play'. The Yellow zone is titled 'Yellow' and says 'Use rescue (quick-relief) medicine when you have a flare-up'. It lists symptoms like 'Cough or wheeze', 'Tight chest', and 'Waking up at night'. The Red zone is titled 'Red' and says 'Get help from a doctor now!'. It lists symptoms like 'Rescue (quick-relief) medicine isn't helping', 'Breathing hard and fast', and 'Can't walk or talk well'. Each zone has a table with columns for 'Medicine', 'How much to take', and 'When to take it'. There are also lines for 'Peak flow reading above' and 'Peak flow reading below' for each zone.

Asthma Action Plan

Take control of your asthma

- ✓ Work with your doctor to set goals to help control your asthma.
- ✓ Sit down with your doctor to develop an Asthma Action Plan. Follow it.
- ✓ Take your controller medicine every day as directed by your doctor.
- ✓ Know your asthma triggers and stay away from them.
- ✓ Use your rescue medicine as directed by your doctor.

Your asthma CAN be well managed. You CAN be active and sleep well almost every night.

Notes: