

Asthma Management Plan for Adults

GO (GREEN ZONE)	Use these medicines every day:
<p>You have all of these:</p> <ul style="list-style-type: none"> ■ no cough or wheeze ■ able to eat, exercise and sleep normally ■ able to breathe easily. <p>Peak flow above _____, which is more than 80 percent of predicted. (Predicted for _____ inches is _____.)</p>	
CAUTION (YELLOW ZONE)	Continue with GREEN ZONE medicines and <u>add</u>:
<p>You have any of these:</p> <ul style="list-style-type: none"> ■ cough or wheeze ■ problems with eating, exercising or sleeping because of breathing ■ tight chest ■ waking at night from cough or troubles breathing ■ heavier or fast breathing. <p>Peak flow between _____ and _____, which is 60 to 80 percent of predicted. (Predicted for _____ inches is _____.)</p>	
DANGER (RED ZONE)	Take these medicines and call your doctor:
<p>Asthma is getting worse if you have any of these:</p> <ul style="list-style-type: none"> ■ breathing very hard or very fast ■ unable to speak because of breathing ■ nostrils open wide ■ ribs show, body is hunched ■ gasping for air and sweating ■ anxious due to breathing ■ rescue inhaler does not work. <p>Peak flow between _____ and _____, which is less than 60 percent of predicted. (Predicted for _____ inches is _____.)</p>	

When To Call Your Health Care Provider

Call your health care provider to schedule an appointment if you:

- have had an emergency department visit or hospital stay because of your asthma
- wake up at night more than two times a month because of your asthma
- use your rescue medicine more than 2 days a week to relieve your asthma symptoms.

Asthma Triggers

- animal dander
- chalk dust
- cigarette smoke and secondhand smoke
- cleaning products
- colds or influenza
- dust mites, dust, stuffed animals, carpet
- emotional upset
- exercise
- foods _____
- _____
- fumes, strong odors or perfumes
- mold
- ozone alert days
- pests (rodents, cockroaches)
- plants, flowers, cut grass, pollen
- sudden temperature change
- wood smoke

Questions or Concerns
