ASTHMA CARE PLAN

NAME: ________________________________

DOCTOR: __________________ DATE: ___________

Phone for doctor or clinic ________________________________

Please press firmly when writing so print goes through 3 ply form

1. Green = GO

- Breathing is good
- No cough or wheeze
- Can work and play

If peak flow meter is used:
Peak flow greater than _____________
(80% of my personal best)
My personal best peak flow is __________

2. Yellow = CAUTION

- Cough
- Wheeze
- Tight chest
- Wake up at night

This is not where you should be every day. Take action to get your asthma under control.

If peak flow meter is used:
_________ to _________
(50 – 79% of personal best)

3. Red = STOP = DANGER

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Can’t walk
- Ribs show
- Can’t talk well

If peak flow meter is used:
Peak flow less than _____________
(50% of personal best)

Controlled Asthma Is:
1. No cough or wheeze during day or night.
2. Best possible lung function.
3. No missed school or work.
4. No emergency visits for asthma.
5. Few side effects from medicines.
6. Satisfied with asthma care.

Use long-term control medicine and avoid asthma triggers

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
</tr>
</thead>
</table>

Special Directions:

- One hour after starting this Yellow Zone Plan; if you are not feeling better, or if you feel worse, follow Red Zone Plan
- If you are still in the Yellow Zone after 12 hours of following this Yellow Zone Plan, call your doctor or clinic
- Pay special attention to your Trigger Control Plan

Take quick-relief medicine to keep asthma from getting bad

<table>
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Get help from a doctor now!

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</table>

Go to the hospital or call an ambulance if:
- You are still in the red zone after 15 minutes AND
- You have not talked with your doctor

Danger Signs – CALL 911 if:
Trouble walking or talking due to shortness of breath
Lips or fingernails are pale blue or gray in color

FAM allies works together with children and families connecting them to caring people, reducing hospital stays, and supporting healthy lives. Questions? call (414) 390-2179

Lead Agency - Children’s Health System

C1899N (8/02) Ply 1 - Patient Ply 2 - Med Records Ply 3 - PMD