

# ASTHMA ACTION PLAN

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ MRN: \_\_\_\_\_

Completed by: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Physician's Name:

John Berg, MD    Dan Berg, MD    Michael O'Rourke, MD    Jean Craig, MD    Heather Hamernick, MD

Personal Best Peak Flow: \_\_\_\_\_ Trigger Information: See reverse side of this page

The colors of a traffic light will help you use your asthma medicines.



**GREEN** means **Go Zone!** Use Preventative Medicine

**YELLOW** means **Caution Zone!** Add Quick-Relief Medicine











**RED** means **Danger Zone!** Get help from a Doctor!

GO (GREEN)		Use these daily preventative anti-inflammatory medicines			
<b>You have ALL of these:</b> <ul style="list-style-type: none"> <li>Breathing is good</li> <li>No cough or wheeze</li> <li>Sleep through the night</li> <li>Can work &amp; play</li> </ul> <b>Peak Flow from</b> _____ to _____	<b>MEDICINE</b>	<b>HOW MUCH</b>	<b>HOW OFTEN/WHEN</b>		
<b>For asthma with exercise, take:</b>					
<b>CAUTION (YELLOW)</b>		<b>Continue with green zone medicine(s) and add:</b>			
<b>You have ANY of these:</b> <ul style="list-style-type: none"> <li>First signs of a cold</li> <li>Exposure to known trigger</li> <li>Cough</li> <li>Mild wheeze</li> <li>Tight chest</li> <li>Coughing at night</li> </ul> <b>Peak Flow from</b> _____ to _____	<b>MEDICINE</b>	<b>HOW MUCH</b>	<b>HOW OFTEN/WHEN</b>		
<b>CALL YOUR PRIMARY CARE PROVIDER.</b>					
<b>DANGER (RED)</b>		<b>MEDICINE</b>	<b>HOW MUCH</b>	<b>HOW OFTEN/WHEN</b>	
<b>Your asthma is getting worse fast:</b> <ul style="list-style-type: none"> <li>Medicine is not helping</li> <li>Breathing is hard &amp; fast</li> <li>Nose opens wide</li> <li>Ribs show</li> <li>Can't talk well</li> </ul> <b>Peak Flow from</b> _____ to _____					
	<b>GET HELP FROM A DOCTOR NOW! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT.</b> Make an appointment with your primary care provider within two days of an ER visit or hospitalization.				

# ASTHMA TRIGGERS

## How to Control Things That Make Your Asthma Worse

Triggers are things that make your asthma worse. Look at the list below to help you find your triggers and what you can do about them. You can help prevent asthma flare ups by staying away from your triggers.

TRIGGER		What You Can Do
<p><b>Cigarette Smoke</b> Tobacco smoke can make asthma worse</p>		<ul style="list-style-type: none"> <li>✓ Do not allow smoking in your home, car or around you</li> <li>✓ Be sure no one smokes at a child's day care or school</li> <li>✓ If you smoke, ask your health care provider for ways to help you quit. Ask family members to quit too</li> </ul>
<p><b>Colds, Flu, Bronchitis</b> These are common triggers of asthma</p>		<ul style="list-style-type: none"> <li>✓ Wash your hands often</li> <li>✓ Don't touch your eyes, nose or mouth</li> <li>✓ Get a flu shot every year</li> </ul>
<p><b>Dust Mites</b> These are tiny bugs that live in cloth or carpet. They are too small to see.</p>		<ul style="list-style-type: none"> <li>✓ Wash sheets and blankets in hot water every week</li> <li>✓ Encase pillows and mattress in dust mite proof covers</li> <li>✓ Avoid having carpet if you can. If you have carpet, vacuum weekly. Use a dust mask and HEPA vacuum</li> </ul>
<p><b>Pollen and Outdoor Mold</b> Some people are allergic to trees, grass, weed pollen, or molds</p>		<ul style="list-style-type: none"> <li>✓ Try to keep your windows closed</li> <li>✓ Limit time outdoors when pollen count is high</li> <li>✓ Ask your health care provider about taking medicine during allergy season</li> </ul>
<p><b>Animal Dander</b> Some people are allergic to skin flakes, urine or saliva from pets with fur or feathers</p>		<ul style="list-style-type: none"> <li>✓ Keep pets with fur or feathers out of your home</li> <li>✓ If you can't keep the pet outdoors, then keep the pet out of your bedroom. Keep the bedroom door closed.</li> <li>✓ Keep pets off cloth furniture and away from stuffed toys</li> </ul>
<p><b>Mice, Rats &amp; Cockroaches</b> Some people are allergic to the waste from these pests</p>		<ul style="list-style-type: none"> <li>✓ Cover food and garbage</li> <li>✓ Clean up spills &amp; food crumbs. Store grease in refrigerator</li> <li>✓ Keep food out of the bedroom</li> </ul>
<p><b>Indoor Mold</b> This can be a trigger if your home has high moisture</p>		<ul style="list-style-type: none"> <li>✓ Fix leaking faucets, pipes or other sources of water</li> <li>✓ Clean moldy surfaces</li> <li>✓ Dehumidify basement if it is damp and smelly</li> </ul>
<p><b>Smoke, Strong Odors and Sprays</b> These can reduce air quality</p>		<ul style="list-style-type: none"> <li>✓ Stay away from strong odors and sprays, such as perfume, powder, hair spray, paints, smoke, incense, paints, cleaning products, candles and new carpet</li> </ul>
<p><b>Exercise or Sports</b> Some people with asthma have this trigger</p>		<ul style="list-style-type: none"> <li>✓ Be active! Ask your doctor about taking medicine before sports or exercise to prevent symptoms</li> <li>✓ Warm up for 5-10 minutes before and after sports or exercise</li> </ul>
<p><b>Other Triggers of Asthma</b></p>		<ul style="list-style-type: none"> <li>✓ Cold Air: Cover your nose and mouth with a scarf</li> <li>✓ Sometimes laughing or crying hard can be a trigger</li> <li>✓ Some medicines and food can trigger asthma</li> </ul>