

Asthma ACTION PLAN



You already do your best to control your asthma to avoid attacks. And, you take your medication and keep away from asthma attack triggers. But when you cannot control your environment, or an asthma attack comes on unexpectedly, what can you do? Learn about the 3 asthma zones, plus helpful tips on what to do during an attack.

WHAT IS AN ASTHMA ATTACK?

An asthma attack is when the airways in your lungs swell and narrow. This makes it hard to breathe. Minor asthma attacks can be stopped by using a Quick Relief Inhaler. A severe asthma attack can become a life-threatening emergency.

GREEN ZONE – GOOD TO GO

- Breathing is good
- No cough or wheeze
- Can work and play
- Sleep well at night
- Peak flow is 80-100% of your 'personal best'

Continue taking your controller medicines as prescribed to keep asthma in good control.

YELLOW ZONE – BE AWARE

- Some problems breathing
- Cough, wheezing, tight chest
- Problems working and playing
- Wake at night
- Peak flow is 50-80% of your 'personal best'

IF your symptoms (and peak flow, if used) return to Green Zone after one hour of the quick-relief treatment, THEN:

- Take a quick relief medication every 4 hours for 1 to 2 days.
- Take your long-term control medicine regularly.
- Contact your physician for follow-up care.

IF your symptoms (and peak flow, if used) DO NOT return to Green Zone after one hour of the quick-relief treatment, THEN:

- Call your physician/health care provider right away.
- Look out for symptoms in the red zone.

RED ZONE – STOP & TAKE ACTION

- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not helping
- Peak flow is less than 50% of your 'personal best'

Go to the hospital or call for an ambulance if:

- Still in the red zone after 15 minutes.
- You have not been able to reach your physician/health care provider for help.

Call 911 immediately if the following danger signs are present:

- Trouble walking/talking due to shortness of breath.
- Lips or fingernails are blue.

EMERGENCY CONTACT INFORMATION

In the case of an emergency, have a list of friends and family who can help you. Keep the list in a place where others can easily find it.

Name	Relationship	Cell Ph.	Work Ph.	Home Ph.

Fill in the blanks provided below with emergency contact information.

Physician Name: _____ Phone: _____



This document has important information from AlohaCare. You can request this document to be written in Ilocano, Vietnamese, Chinese (Traditional) and Korean. There is no charge. You can have it read to you. We also offer **large print**, braille, sign language and audio. Call us at 973-0712 or toll-free 1-877-973-0712. (TTY/TDD: 1-877-447-5990).

Tài liệu này có chứa thông tin quan trọng từ AlohaCare. Quý vị có thể yêu cầu tài liệu này được viết bằng tiếng Ilocano, tiếng Việt, tiếng Trung (Phồn thể) và tiếng Hàn. Dịch vụ này là miễn phí. Quý vị có thể được đọc cho nghe. Chúng tôi cũng cung cấp **bản in cỡ chữ lớn**, chữ nổi, ngôn ngữ ký hiệu và âm thanh. Hãy gọi cho chúng tôi theo số 973-0712 hoặc số miễn phí 1-877-973-0712. (TTY/TDD: 1-877-447-5990).

Daytoy a dokumento ket naglaon dagiti napateg nga impormasyon manipud ti AlohaCare. Mabalín mo a dawaten a maisurat daytoy a dokumento iti Ilocano, Vietnamese, Chinese (Traditional) ken Korean. Awan ti bayad na. Mabalín da nga ibasa kenka. Maipaay mi met ti **nakadadakkel a letra**, naka-braille, mai-sign language ken audio. Umawag kadakami iti 973-0712 wenno iti libre a tawag iti 1-877-973-0712 (TTY/TDD) 1-877-447-5990

본 문서에는 AlohaCare의 중요한 정보가 들어 있습니다. 본 문서는 일로카노어, 베트남어, 중국어(번체) 및 한국어로 번역되어 있습니다. 본 문서는 무료입니다. 귀하에게 읽어 주도록 요청할 수도 있습니다. 또한 **큰 활자체**, 점자, 수화 및 오디오도 제공해 드립니다. 937-0712 또는 수신자 부담 무료 전화 1-877-973-0712로 전화하십시오. (TTY/TDD: 1-877-447-5990).

本文件內含來自AlohaCare

的重要訊息。您可要求本文件的伊洛卡諾文、越南文、繁體中文和韓文等書面版本。免費提供。

您也可要求閱讀服務。我們亦提供**大字體**、點字版、手語和語音服務。請致電973-0712或免費電話1-877-973-0712。(聽障／語障專線：1-877-447-5990)。