



Triggers: Respiratory infections

Other: _____

Need info: Call ER at 983-8637

Your ASTHMA ACTION PLAN

Your appointment is at 10:00 am tomorrow or the next day that your doctor's office is open. Please call your doctor's office to confirm or call to change your appointment time.

GREEN ZONE: DOING WELL

- Breathing is good
- No cough or wheeze
- Can work and play
- Sleeping through the night
- Healthy, no cold symptoms

YELLOW ZONE: CAUTION

- First sign of a cold
- Exposure to known trigger
- Cough or wheeze
- Tight chest
- Coughing at night
- Problems working or playing
- Some trouble breathing

RED ZONE: DANGER

- Cannot work or play
- Getting worse instead of better
- Medicine is not working
- Breathing is hard and fast
- Nose open wide
- Ribs showing
- Trouble talking

Want to take an Asthma Class: Call 983-6336

Use these medicines EVERY DAY even when well

MEDICINE	HOW MUCH	HOW OFTEN / WHEN
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Pulmicort OR Flovent	1 ampule 1 to 2 puffs	1 or 2 times daily Daily
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There are several other possible medicines such as Advair and Singulair. Discuss this with your doctor. These are preventive medicines to prevent bad cough and wheezing.

For asthma with exercise: Use albuterol as needed

Continue Green Zone control medications and add:

MEDICINE	HOW MUCH	HOW OFTEN / WHEN
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Albuterol Xopenex OR Albuterol or Xopenex inhaler	1 ampule 2 to 4 puffs	Now and repeat in 20 minutes, plus every 3 to 4 hours
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Prednisolone or prednisone	Call your doctor now for dose and how often to give it
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Move to the RED ZONE if no improvement

Take these medications and CALL YOUR DOCTOR NOW

MEDICINE	HOW MUCH	HOW OFTEN / WHEN
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Albuterol or Xopenex OR Albuterol or Xopenex inhaler	1 ampule 3 to 5 puffs	Give treatment every 20 minutes, up to 3 times in a row on your way to the ER or doctor's office
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Prednisolone or prednisone	Dosing will be done by ER or your doctor's office
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