

Use Your Asthma Action Plan!

Control your asthma.

- Visit your doctor regularly, even if you don't feel sick.
- Have an asthma action plan. Take your asthma action plan to your school, child-care provider and your home.
- Understand your plan. Ask your doctor questions – talk about concerns, including medication side effects.
- Take a copy of your written asthma action plan to your school nurse. You can give one to your teacher too! Ask your school nurse what your doctor and parents need to do so that you can carry your inhaler with you throughout the school day.

Avoid your asthma triggers.

Control your environment by:

- Knowing your asthma triggers.
- Taking action to avoid or reduce your asthma triggers.

Communicate your needs. Talk to your doctor, school nurse, teachers, child-care providers, your insurance company and your family about your asthma and what you need to do to control it.

Remember...

control is your **goal!**

Asthma can be triggered by a variety of things such as:

- a virus
- mold
- variations in temperature, humidity,
- heat and cold
- emotion
- dust mites
- animal dander
- tobacco smoke
- pollen
- smoke from leaf and wood burning
- cockroaches
- other indoor and outdoor triggers prevalent in Iowa

Asthma is the most common disease of childhood in Iowa and the United States. More than 200,000 Iowans are affected by asthma; 40,000 of these Iowans are under age 18.



www.idph.state.ia.us/hpcdp/asthma_content/default.htm

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Using Your Asthma Action Plan

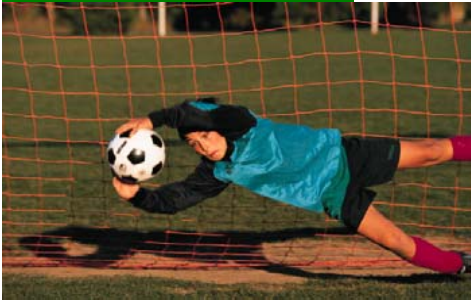


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Follow Your Asthma Action Plan!

Green is your GOAL!



This is where you belong. The **green** zone signals good control. You are in the **green** zone when you:

- Sleep through the night
- Play sports
- Attend school
- Breathe without coughing or wheezing
- Have peak flow rates in the green

Take action to stay in the **green**:

- Follow your asthma action plan by:
 - Taking all daily medications that your doctor prescribed in the **green** zone
 - Avoid your triggers
 - Monitor your peak flow
- If you need your “quick-reliever” bronchodilator, go to the **yellow** zone.

Yellow means CAUTION!



Your asthma is getting worse. The **yellow** zone signals caution. You are in the **yellow** zone when you have any of these symptoms:

- Begin to cough or wheeze
- Feel tightness in your chest
- Begin coughing at night
- Are tired or unable to play
- Have a drop in your peak flow rates

Take action to get out of the **yellow** and back to the **green**:

- Take the quick-relief medications your doctor prescribed in the **yellow** zone as directed by your doctor
- Continue with the medication prescribed in the **green** zone as directed by your doctor
- Get away from your triggers
- Monitor your peak flow
- Tell your parents and school nurse that you are in the **yellow** zone.

If you do not feel better in 15 to 20 minutes, you might be headed for the **red** zone.

Follow Your Asthma Action Plan!

RESCUE the Red!



This is the **emergency** zone. The **red** zone signals medical alert! You are in the **red** zone when you have any one of these symptoms:

- Your asthma is getting worse
- You are very short of breath or breathing fast and hard
- Your medicine is not working
- You have trouble walking and talking
- Your fingernails and lips are turning blue
- You sense that something is very wrong
- Your peak flow rate is in the **red**

Take immediate action!

- Take the medication prescribed by your doctor in the **red** zone
- See a doctor or go to the Emergency Room
- Do not wait – this is serious!