### Doing Well

**GREEN ZONE**

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities
- **Peak flow:** more than ___________% (80 percent or more of my best peak flow)

#### Take these long-term control medicines each day (include an anti-inflammatory).

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
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My best peak flow is: ___________

**Before exercise**

- 2 or 4 puffs
- 5 minutes before exercise

### Asthma Is Getting Worse

**YELLOW ZONE**

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

- Or-

**Peak flow:** ___________ to ___________
(60 to 79 percent of my best peak flow)

#### Add: quick-relief medicine—and keep taking your GREEN ZONE medicine.

- ___________ (short-acting beta2-agonist)
- 2 or 4 puffs, every 20 minutes for up to 1 hour
- Nebulizer, once

#### If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:

- Continue monitoring to be sure you stay in the green zone.

#### If your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:

- Take: ___________ (short-acting beta2-agonist)
- 2 or 4 puffs or Nebulizer
- Add: ___________ mg per day
- For ___________ (3–10) days

- Call the doctor before/within ___________ hours after taking the oral steroid.

### Medical Alert!

**RED ZONE**

- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or get worse after 24 hours in Yellow Zone

- Or-

**Peak flow:** less than ___________
(50 percent of my best peak flow)

#### Take this medicine:

- ___________ (short-acting beta2-agonist)
- 4 or 6 puffs or Nebulizer
- Add: ___________ mg

#### Then call your doctor NOW. Go to the hospital or call an ambulance if:

- You are still in the red zone after 15 minutes AND
- You have not reached your doctor.

### DANGER SIGNS

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

#### Take 4 or 6 puffs of your quick-relief medicine AND

#### Go to the hospital or call for an ambulance ___________ (phone)

See the reverse side for things you can do to avoid your asthma triggers.
Allergens

Animal Dander
Some people are allergic to the flakes of skin or dried saliva from animals with fur or feathers.
The best thing to do:
• Keep furred or feathered pets out of your home.
If you can’t keep the pet outdoors, then:
• Keep the pet out of your bedroom and other sleeping areas at all times,
  and keep the door closed.
• Remove carpets and furniture covered with cloth from your home.
  If that is not possible, keep the pet away from fabric-covered furniture
  and carpets.

Dust Mites
Many people with asthma are allergic to dust mites. Dust mites are tiny bugs
that are found in every home—in mattresses, pillows, carpets, upholstered
furniture, bedcovers, clothes, stuffed toys, and fabric or other fabric-covered
items.
Things that can help:
• Encase your mattress in a special dust-proof cover.
• Encase your pillow in a special dust-proof cover or wash the pillow each
  week in hot water. Water must be hotter than 130º F to kill the mites.
  Cold or warm water used with detergent and bleach can also be effective.
• Wash the sheets and blankets on your bed each week in hot water.
• Reduce indoor humidity to below 60 percent (ideally between 30—50
  percent). Dehumidifiers or central air conditioners can do this.
• Try not to sleep or lie on cloth-covered cushions.
• Remove carpets from your bedroom and those laid on concrete, if you can.
• Keep stuffed toys out of the bed or wash the toys weekly in hot water
  or cooler water with detergent and bleach.

Cockroaches
Many people with asthma are allergic to the dried droppings and remains
of cockroaches.
The best thing to do:
• Keep food and garbage in closed containers. Never leave food out.
• Use poison baits, powders, gels, or paste (for example, boric acid).
  You can also use traps.
• If a spray is used to kill roaches, stay out of the room until the odor
  goes away.

Indoor Mold
• Fix leaky faucets, pipes, or other sources of water that have mold
  around them.
• Clean moldy surfaces with a cleaner that has bleach in it.

Pollen and Outdoor Mold
What to do during your allergy season (when pollen or mold spore counts
are high):
• Try to keep your windows closed.
• Stay indoors with windows closed from late morning to afternoon,
  if you can. Pollen and some mold spore counts are highest at that time.
• Ask your doctor whether you need to take or increase anti-inflammatory
  medicine before your allergy season starts.

Irritants

Tobacco Smoke
• If you smoke, ask your doctor for ways to help you quit. Ask family
  members to quit smoking, too.
• Do not allow smoking in your home or car.

Smoke, Strong Odors, and Sprays
• If possible, do not use a wood-burning stove, kerosene heater, or fireplace.
• Try to stay away from strong odors and sprays, such as perfume, talcum
  powder, hair spray, and paints.

Other things that bring on asthma symptoms in some people include:

Vacuum Cleaning
• Try to get someone else to vacuum for you once or twice a week,
  if you can. Stay out of rooms while they are being vacuumed and for
  a short while afterward.
• If you vacuum, use a dust mask (from a hardware store), a double-layered
  or microfilter vacuum cleaner bag, or a vacuum cleaner with a HEPA filter.

Other Things That Can Make Asthma Worse
• Sulfites in foods and beverages: Do not drink beer or wine or eat dried
  fruit, processed potatoes, or shrimp if they cause asthma symptoms.
• Cold air: Cover your nose and mouth with a scarf on cold or windy days.
• Other medicines: Tell your doctor about all the medicines you take.
  Include cold medicines, aspirin, vitamins and other supplements, and
  nonselective beta-blockers (including those in eye drops).