



YOU CAN CONTROL YOUR ASTHMA!

Sometimes symptoms take you by surprise and progress quickly.

It is important to know

what to do so you can be ready to take action. Having a written

Asthma Action Plan will help you and others to know exactly what to do when you experience asthma symptoms.

KNOW YOUR TRIGGERS. For some people, dust and pet hair are the culprits. For others it's smoke, perfumes and cut grass. And let's not forget pollen! You need to know the things that trigger your asthma and take steps to control and avoid them.

KNOW YOUR SYMPTOMS. You may experience coughing and wheezing. You may also have a tight-chest feeling. Some people have flaring nostrils and are unable to speak. Low peak flow readings may be a sign as well. Not everyone has the same symptoms. What are your symptoms?

TAKE YOUR MEDICATION. Know what medication you should take on a regular basis (preventive/controller med). Know what medication to take when you experience symptoms (rescue/quick-relief med). You should know medication dosage and frequency. If you do not know this, meet with your doctor to review medication.

MONITOR YOUR PEAK FLOW. Peak flow monitoring is one way to spot symptoms early. The peak flow level lets you know how well your lungs are functioning. Check your peak flow level at least daily

and keep a record of the results.

Know your personal best peak flow level and include this on your Asthma Action Plan. If you do not have a peak flow meter, call your doctor for a prescription and for instruction on its use.

HAVE A WRITTEN ASTHMA ACTION PLAN.

Be prepared by knowing how to manage asthma symptoms before they occur. The Asthma Action Plan follows the three-color zone system (**green** – **yellow** – **red**) accepted by the American Lung Association (ALA) and the National Institute of Health (NIH). When you're in the green zone, breathing is easy, your controller medication is effective, your peak flow readings are good, and you are free of symptoms. In the yellow zone you are having symptoms and need to take rescue/quick-relief medication. Get away from anything that may be triggering asthma symptoms. When symptoms continue or worsen, even after taking medication, you are in the red zone. The red zone requires that you immediately seek medical attention.

*You Can
Control
Your
Asthma
By:*

**AVOIDING AND
CONTROLLING
TRIGGERS**

**TAKING
MEDICATION
PROPERLY**

**PEAK FLOW
MONITORING**

**HAVING AN
ASTHMA ACTION
PLAN**

**SEEING YOUR
DOCTOR
REGULARLY**

- **Complete the Asthma Action Plan with the doctor who manages your asthma.**
- **Read and review your Asthma Action Plan often!**
- **Don't wait for a life-threatening asthma attack to take action.**