



HealthCare Provider	SPECTRUM HEALTH
Phone Number	

Plan of Care Next Appointment within 3-5 days ASTHMA HOME MANAGEMENT - PEDIATRIC

Patient Name DOB MRN Physician FIN



GREEN ZONE

This is where you should be everyday.

NO SIGNS OF ASTHMA

- No cough, wheeze, chest tightness
- · Able to do normal activities
- Using rescue medications less than twice a week

if you are in the	GREEN ZONE	, таке
these controller	medications e	veryday:
Medication	Dose	When to ta

Medication	Dose	When to take
Triggers to Avo	oid	
☐ If you have a	sthma symptoms v	vith



YELLOW ZONE

You have signs of an asthma attack. Avoid triggers and take action to get control!

EARLY SIGNS OF ASTHMA

- Coughing, Wheezing, Tight Chest
- Waking at night due to asthma
- First sign of a cold
- Can do some, but not all, usual activities

If you are in the YELLOW ZONE, continue to take your green zone medications and take this RESCUE medication NOW:

☐ Albuterol	☐ 2 puffs with spacer
☐ Xopenex	☐ 4 puffs with spacer

 or
☐ Nebulizer, one vial

Repeat every 4-6 hours as needed.

If RESCUE medication is needed every 4 hours for more than 24 hours:

□ Call Doctor	
□ Increase	

☐ Add			

If asthma signs get worse,
ii astiiiia sigiis get woise,
and the DED ZONE

go to the **RED ZONE**



RED ZONE

DANGER! THIS IS AN **EMERGENCY! GET HELP NOW!**

LATE SIGNS OF ASTHMA

- Rescue Medications Not Helping
- Constant Coughing
- Very Short of Breath
- Trouble Walking or Talking
- Nasal Flaring or Retractions

IF YOU	ARE IN T	HE RED	ZONE,	TAKE	THIS
RESCUE	MEDICA	TION N	OW		

INOVV.				
☐ 2 puffs with space ☐ 4 puffs with space ☐ 6 puffs with space or ☐ Nebulizer, one via				
You may repeat RESCUE medication every 20 minutes for up to one hour, if needed				

NEXT, Call your doctor for further instructions.

CALL 911 OR GO TO THE EMERGENCY ROOM IF ASTHMA SIGNS ARE NOT IMPROVING!

Patient is able to self administer medication at school:

Yes

No ☐ I have received a copy of this document: Physician signature _____ Patient/Caregiver Signature

HealthCare Provider	SPECTRUM HEALTH
Phone Number	Plan of Care
Next Appointment within 3-5 days	ASTHMA HOME MANAGEMENT - PEDIATRIC

Patient Name DOB MRN Physician FIN



GREEN ZONE

This is where you should be everyday.

NO SIGNS OF ASTHMA

- No cough, wheeze, chest tightness
- · Able to do normal activities
- Using rescue medications less than twice a week

if you are in the	e GREEN ZONE,	таке
these controlle	r medications ev	veryday:
Medication	Dose	When to take

Triggers to Avoid	
☐ If you have asthma symptoms with exercise, 15-20 minutes prior to exercise take:	



YELLOW ZONE

You have signs of an asthma attack. Avoid triggers and take action to get control!

EARLY SIGNS OF ASTHMA

- Coughing, Wheezing, Tight Chest
- Waking at night due to asthma
- First sign of a cold
- Can do some, but not all, usual activities

If you are in the YELLOW ZONE, continue to take your green zone medications and take this RESCUE medication NOW:

☐ Albuterol	☐ 2 puffs with spacer
	☐ 4 puffs with spacer

☐ Nebulizer, one vial

Repeat every 4-6 hours as needed.

If RESCUE medication is needed every 4 hours for more than 24 hours:

☐ Call Doctor ☐ Increase _____

If asthma signs get worse, go to the **RED ZONE**



RED ZONE

DANGER! THIS IS AN **EMERGENCY! GET HELP NOW!**

LATE SIGNS OF ASTHMA

- Rescue Medications Not Helping
- Constant Coughing
- Very Short of Breath
- Trouble Walking or Talking
- Nasal Flaring or Retractions

IF YOU ARE IN THE RED ZONE, TAKE THIS **RESCUE MEDICATION NOW:**

_ Albuterol	2 pւ
☐ Xopenex	<u> </u>
	□ 6 pu
	or

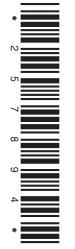
uffs with spacer uffs with spacer uffs with spacer

☐ Nebulizer, one vial

You may repeat RESCUE medication every 20 minutes for up to one hour, if needed

NEXT, Call your doctor for further instructions.

CALL 911 OR GO TO THE EMERGENCY ROOM IF ASTHMA SIGNS ARE NOT IMPROVING!

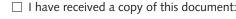


Patient is able to self administer medication at school:

Yes

No Physician signature

I have received a copy of this document:



Patient/Caregiver Signature

Is Your Asthma Under Control?

- Do you have nighttime symptoms more than 2 times per month?
- Do you need quick-relief or RESCUE medication more than 2 times per week? (not related to activity)
- Do you need more than 2 canisters of quick relief medication per year?

If you answered "yes" to any of the above questions, your asthma may not be as well controlled as it could be. Talk to your doctor about ways you can improve control and manage symptoms.

Another way to monitor your asthma is with a PEAK FLOW METER.

A peak flow meter measures how much and how fast you can blow air out of your lungs.

Monitoring peak flows regularly will alert you to early asthma signs and may help you prevent an attack.

Work with your doctor to fill in the chart below:

Predicted/Best:
Green Zone: Good (80% - 100% of
your predicted/best):
Yellow Zone: Caution (50% – 80% of
your predicted/best):
Red Zone: DANGER (less than 50% of
your predicted/best):

How to Control Things That Make Your Asthma Worse: TRIGGERS

Put a check next to the things you know make your asthma worse and ask your doctor to help you find out if you have other triggers as well.

- ▼ Tobacco Smoke- Avoid exposure to tobacco smoke and do not allow smoking in your home or car. If you smoke, talk to your doctor about ways to quit or call 1-800-QUIT-NOW for more information.
- Respiratory Infections- Avoid others with cold or flu-like symptoms. Wash your hands often.
- ☐ **Dust Mites-** Use allergy-proof or vinyl mattress/ pillow covers. Vacuum 2-3 times per week and change bedding weekly.
- ☐ **Animals-** Keep pets out of the bedroom and wash them often.
- ☐ **Mold-** Remove sources of mold such as plants, carpets, humidifiers or aquariums, especially from bedrooms. Clean up mold quickly with dish soap. Use a dehumidifier in damp areas.
- Cockroaches- Use baits (not sprays) for control. Keep food and garbage in closed containers. Do not allow food in the bedroom.
- Exercise- When your asthma is well controlled, you should not be limited in physical activity. Talk to your doctor to make a plan that allows you to play and exercise.

If your doctor has prescribed a long term controller medication, be sure to take it every day, even when you are feeling well.

Long term controller medication will help prevent asthma symptoms, but will not help symptoms once they have started.

Quick relief medications such as Albuterol help treat symptoms once they have started. Be sure to have quick relief medications available at all times.

Make sure you talk to friends, family members, co-workers, teachers and coaches to let them know how asthma affects you and what they can do to help.

For more information about asthma, visit: www.devoschildrens.org