

ASTHMA TOOL FOR SYMPTOMS MANAGEMENT

GREEN ZONE

UNDER CONTROL

YOUR GOAL:

- > Breathing is easy
- > No coughing or wheezing
- > Can work and play

YOU ARE IN CONTROL

- > Your asthma is under control
- > Continue taking medications as ordered
- > Keep all medical appointments

YELLOW ZONE

CAUTION

If you have any of the following signs and symptoms:

- > Coughing
- > Wheezing
- > Shortness of breath
- > Poor sleep/waking up at night
- > Unable to perform routine activities

TAKE ACTION TODAY

- > These symptoms may indicate that the medications need to be adjusted
- > Call your physician, nurse coordinator, or home health nurse

RED ZONE

MEDICAL ALERT

If you have any of the following signs and symptoms:

- > Medicine does not help
- > Breathing is hard and fast
- > Can't walk or talk well
- > Feeling exhausted
- > Skin is sucked in around neck and ribs during breaths
- > Lips or fingernails are gray or blue

Call your physician
IMMEDIATELY if you are having red
zone Symptoms

TAKE ACTION NOW

- > These symptoms may indicate that you need to be evaluated by a physician immediately

Call your physician
IMMEDIATELY if you are having red
zone Symptoms

Physician Name:
Physician #:

ASTHMA TOOL FOR SYMPTOMS MANAGEMENT

EVERY DAY

- > Take your medications as prescribed
- > Avoid or limit exposure to any smoke (tobacco, fireplace, environmental irritants)
- > Drink plenty of water, at least 8 glasses daily (8oz= 1glass)
- > Activity; get at least 30 minutes of physical activity for 5 days, such as brisk walking (check with your physician before beginning any exercise program)
- > Reduce asthma triggers

ACE

ALTUS ACCOUNTABLE CARE ENTITY

ALTUSACE.COM