Asthma Medicines

Controller Medicines
Take daily as prescribed for long-term control (see Green Zone).
_________________________________
_________________________________

Quick-Relief Medicines
Take for quick relief (see Yellow and Red Zones). Take 5-10 minutes before exercise, if needed. Do not overuse - know the “Rule of 2’s.”

My quick Relief Medicines are:
_________________________________
_________________________________

Other Medicines
My corticosteroid pills are:
_________________________________
_________________________________

Emergency Information
Name and phone number of Asthma Care Professional(s): ______________
_________________________________
_________________________________
Name and phone number of hospital: ________________________________
_________________________________
Other emergency phone numbers: ________________________________

Control Your Asthma
➢ Know your Symptoms and your Peak Flow
The first step is to determine your personal best expiratory peak flow (PEF). Use the peak flow meter when your breathing is good to measure your personal best. That is 100%. Ask your asthma care professional how a peak flow meter can help you control your asthma.

➢ Know your color Zones
For good asthma control it is important to know the color zones. Think of a stop light and what each color means.

➢ Take your medicines as prescribed
Know the different kinds of medicines prescribed for you and how and when to take them. Talk to your asthma care professional if you have questions.

➢ Avoid triggers
Triggers are things that make asthma worse, such as colds, dust, pets, or smoke. Avoid triggers when you can.

➢ Know the “Rule of 2’s”
If you take “Quick-Relief” medicines more than 2 times a week (except for exercise), or if asthma wakes you more than 2 times a month, tell your asthma care professional that your asthma is not in good control.

The information presented here is not intended to diagnose health problems or to take the place of information or medical care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult your physician or other medical professional. For questions, health information, and support, talk to your Health Coach. A Health Coach is available by phone—at no cost to you 24 hours a day, seven days a week.
This is the zone I want to be in everyday:
- My breathing is good with no cough, wheezing, or chest tightness during work, school, exercise, or play.
- And if peak flow meter is used, you are in the green zone of the asthma action plan if your expiratory peak flow (PEF) is 80-100% of your personal best measurement.
- 80% - 100% PEF _____ – _____ lpm

My symptoms may include:
- Some coughing
- Slight chest congestion and/or tightness
- Breathing when resting may be slightly faster than normal
- If peak flow meter is used, 50% - 80% PEF _____ – _____ lpm

My response is to:
- Begin _________ puffs every ___ hrs. until you are back in the Green Zone.
- Begin or increase ____________ to ____ puffs____ times a day.
- Begin or increase ____________ (corticosteroid pill) ___ mg ___ x per day.
- If I do not see improvements in 24-48 hours, or if Quick-Relief medicine is needed more than every four hours, I should:
  __________________________________________________________
  __________________________________________________________
  __________________________________________________________
  __________________________________________________________
  __________________________________________________________

Other instructions: __________________________________________

DANGER!!!
- If shortness of breath is causing you difficulty walking or talking, or your lips or fingers are blue - CALL 911 NOW!