

# Asthma Self-Management Plan

**EVERYDAY—Your personal peak flow goal:**

## Green Flags — All Clear

## What this means ...



**If you have:**

- No shortness of breath during the day or night
- Can do usual activities
- **If a peak flow meter is used:**  
**Peak flow** — more than \_\_\_\_\_  
 (80% or more of my best peak flow)
- My best peak flow: \_\_\_\_\_

- Your symptoms are under control
- Continue taking your controller medications as ordered
- Continue monitoring peak flow
- Keep all physician appointments

**Keep up the good work!**

## Yellow Flags — Caution

## What this means ...



**If you have ANY of the following:**

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities
- **Peak flow:** \_\_\_\_\_ to \_\_\_\_\_  
 (50—80% of my best peak flow)
- Anything else unusual that bothers you

- Your Asthma is getting worse
- You may need a medication adjustment
- Eliminate triggers
- Stop strenuous exercise
- Add reliever medication: \_\_\_\_\_

**Call your doctor, consulting nurse, or health care provider if symptoms do not improve.**

**Name:**

**Number:**

**Instructions:**

**If you notice a Yellow Flag, work closely with your health care team.**

## Red Flags — Stop and Think

## What this means ...



**If you have:**

- Very short of breath, trouble walking and talking due to shortness of breath or skin color pale or gray OR
- Quick-relief medications have not helped, or
- Cannot do usual activities or Symptoms are same or get worse after 24 hours in the yellow flag area
- **Peak flow:** less than \_\_\_\_\_  
 50% of my best peak flow)
- Skin color is pale or gray
- Fingernails or lips are blue

You need to be evaluated by a health care professional immediately.

**If possible, notify your health care provider's office.**

**Name:**

**Number:**

**Follow these instructions: CALL 9-1-1**

**If you notice a Red Flag, CALL 911. Emergency!**

# Asthma Fast Facts

- Asthma is a chronic inflammation of the lung airways. Common symptoms include coughing, chest tightness, wheezing, or shortness of breath.
- About 17.7 million adults have asthma, which is about 7.4 percent of the population.
- The estimated economic annual of asthma is about \$56 billion (National Surveillance of Asthma: United States, 2001-2010. [http://www.cdc.gov/nchs/data/series/sr\\_03/sr03\\_035.pdf](http://www.cdc.gov/nchs/data/series/sr_03/sr03_035.pdf). (Retrieved November 16 2015)
- Allergens or other irritating things can trigger asthma symptoms, including dust, pet dander, perfume, tobacco smoke, chemical irritants, and weather contributes too, including extremely dry, wet, or windy weather. Other factors are the quality of city air and indoor allergens.
- Emotional stress and physical exercise can also be triggers in some people with asthma.
- There are two types of medications: long-term control medication and quick-relief medications. Long-term control medications are preventive, taken daily to achieve and maintain control of asthma symptoms. Quick-relief medications are used to treat asthma attacks. They relieve symptoms rapidly and are taken on an as-needed basis.

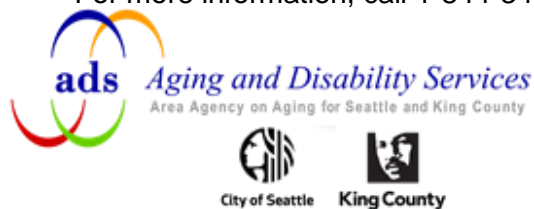
## What can you do?

- Talk with your medical provider about your personal asthma action plan. This plan helps you identify signs your asthma is/is not under control, tells you what steps to take to prevent/stop an asthma attack, how and when to take your medications, your personal best peak flow, and specific instructions about when to seek medical attention.
- Take your asthma medications as prescribed. Make sure you have medications with you wherever you go.
- Know your asthma triggers and limit exposure or avoid them if possible.

## Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail [info@communitylivingconnections.org](mailto:info@communitylivingconnections.org)



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