

Asthma Self-Management (Zone) Plan

☐ EVERY DAY—Your personal peak flow goal:

Green Flags—All Clear



If you have:

- No shortness of breath during the day or night
- The ability to do your usual activities

If a peak flow meter is used:

- Peak flow—than _____ (80% or more of my best peak flow)
- My best peak flow: _____

What this means ...

- Your symptoms are under control
- Continue taking your controller medications as ordered:

- _____
- Continue monitoring peak flow
- Keep all health care provider appointments

Keep up the great work!

Yellow Flags—Caution



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 of your usual activities
- **Peak flow:** _____ to _____ (50% to 80% of my best peak flow)
- Anything else unusual that bothers you

What this means ...

- Your asthma is getting worse.
- You may need a medication adjustment.
- Eliminate triggers.
- Stop strenuous exercise.
- Add reliever medication: _____

Call your 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



If you have:

- Extreme shortness of breath, trouble walking and talking due to shortness of breath
- Pale or gray skin, or blue fingernails or lips
- No relief 15 minutes after taking quick-relief medications
- Inability to do your usual activities or symptoms are the same to worse after 24 hours in the Yellow Flag area
- **Peak flow:** less than _____ (50% of my best peak flow)

What this means ...

- 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 9-1-1. Emergency!

Asthma Fast Facts

- Asthma is a chronic inflammation of the lungs airways. Common symptoms include coughing, chest tightness, wheezing, or shortness of breath.
- About 17.7 million adults have asthma, which is about 7.4% of the population.
- The estimated annual economic cost of asthma exceeds \$56 billion.
- Allergens or other irritating things can trigger asthma symptoms, including dust, pet dander, perfume, tobacco, smoke, chemical, and other irritants.
- Weather contribute, 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 medication's: long-term controlled medication, and quick relief medications. Long-term control medications are preventive, taking 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 (see the American Lung Association's My Asthma Action Plan at [tinyurl.com/ALAasthmaActionPlan](https://www.tinyurl.com/ALAasthmaActionPlan)).
- Your action plan will help you identify signs your asthma is or is not under control, tells you what steps to take to prevent or stop an asthma attack, how and when to take your medication's, your personal best peak flow, and specific instructions about when to seek medical attention.
- Take your asthma medication 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 information about services or interpretation assistance, call 844-348-5464 or e-mail info@communitylivingconnections.org.



Aging and Disability Services
700 Fifth Avenue, 51st Floor * PO Box 34215
Seattle, WA 98124-4215
Tel. 206-684-0660 * TTY: 206-684-0702
aginginfo@seattle.gov