

Asthma Management Plan for Adults

GO (GREEN ZONE)	Use these medicines every day:
You have <u>all</u> of these:	
■ no cough or wheeze	
■ able to eat, exercise and sleep normally	
■ able to breathe easily.	
Peak flow above, which is more than 80 percent of predicted. (Predicted for inches is)	
CAUTION (YELLOW ZONE)	Continue with GREEN ZONE medicines and add:
You have <u>any</u> of these:	
■ cough or wheeze	
problems with eating, exercising or sleeping because of breathing	
■ tight chest	
waking at night from cough or troubles breathing	
heavier or fast breathing.	
Peak flow between and, which is 60 to 80 percent of predicted. (Predicted for inches is)	
DANGER (RED ZONE)	Take these medicines and call your doctor:
Asthma is getting worse if you have any of these:	
breathing very hard or very fast	
unable to speak because of breathing	
■ nostrils open wide	
■ ribs show, body is hunched	
gasping for air and sweating	
anxious due to breathing	
rescue inhaler does not work.	
Peak flow between and, which is less than 60 percent of predicted. (Predicted for inches is)	

When To Call Your Health Care Provider	Questions or Concerns	
Call your health care provider to schedule an appointment if you:		
 have had an emergency department visit or hospital stay because of your asthma 		
wake up at night more than two times a month because of your asthma		
 use your rescue medicine more than 2 days a week to relieve your asthma symptoms. 		
Asthma Triggers		
■ animal dander		
■ chalk dust		
■ cigarette smoke and secondhand smoke		
■ cleaning products		
■ colds or influenza		
■ dust mites, dust, stuffed animals, carpet		
■ emotional upset		
■ exercise		
■ foods		
■ fumes, strong odors or perfumes		
■ mold		
■ ozone alert days		
■ pests (rodents, cockroaches)		
■ plants, flowers, cut grass, pollen		
■ sudden temperature change		
■ wood smoke		