

Asthma Needs Your Action!

Your Pathway to Asthma Control Starts Here

Plan for Control

See Your Doctor

- Have your doctor fill out a written asthma action plan for you to take home
- Understand your plan—ask questions, talk about concerns including medication side effects
- See your doctor regularly and keep all appointments, even if you don't feel sick

See Your School Nurse

- NJ law says you can carry your inhaler in school with an asthma action plan on file
- Take a copy of your written asthma action plan to your school nurse

Remember—Control is the Goal

Avoid Triggers

Control Your Environment

- Know your asthma triggers
- Take action to avoid or reduce them

Communicate Your Needs

Ask About Your Health Insurance

- Call your insurance company to find out what services, medications and equipment are covered for asthma



Models used solely for illustrative purposes.

Asthma Facts

Asthma is:

- Swollen airways
- Increased mucus in the lungs
- Muscle spasm around the airways
- ◆ Asthma is a serious, chronic disease that usually does not go away.
- ◆ Asthma needs on-going medical care.
- ◆ If you have symptoms or need your “quick-reliever” bronchodilator more than 2 times a week, your asthma is out of control and you need a daily controller medication. Call your doctor.
- ◆ Asthma needs action, pay attention to all symptoms. Even mild symptoms are a signal for action.

Learn More About Asthma

Talk to: • Your doctor • Your school nurse
• Your respiratory therapist and
• Your insurance company

Attend asthma education programs

And contact

The Pediatric Asthma Coalition of NJ
“Your Pathway to Asthma Control”

1-866-PACNJ-88

www.pacnj.org



“Your Pathway to Asthma Control”



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“Your Pathway to Asthma Control”

Asthma Needs PAC Action!

Start Now

Plan for Control

Avoid Triggers

Communicate Your Needs



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Call: 1-866-PACNJ-88
or visit: www.pacnj.org

Follow Your Asthma Action Plan: It is **Your** Pathway to Asthma Control

GREEN is the Goal



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This is where you belong.

You are **in the green** when you:

- ◆ Sleep through the night
- ◆ Play sports
- ◆ Attend school and/or work
- ◆ Breathe without coughing or wheezing
- ◆ Have peak flow rates in the green

Take action to stay in the green:

- ◆ Follow your asthma action plan:
 - Take all daily medications that your doctor prescribed in the green zone
 - Avoid your triggers
 - Monitor your peak flow
- ◆ If you need your “quick-reliever” bronchodilator, **go to the yellow zone.**

YELLOW Means Caution

This **caution zone** means something has changed. You are **in the yellow** when you have any of these symptoms:

- ◆ Begin to cough or wheeze
- ◆ Feel tightness in your chest
- ◆ Begin coughing at night
- ◆ Are tired or unable to play
- ◆ Have a drop in your peak flow rates

Take action to get back to the green

- ◆ Take the medications your doctor prescribed in **the yellow zone** for as long as indicated
- ◆ Continue with the medication prescribed in **the green zone** as directed by your doctor
- ◆ Get away from your triggers
- ◆ Monitor your peak flow
- ◆ Tell your parents and school nurse you are in the yellow zone

If you do not feel better in 15-20 minutes, you may be headed for the red zone.

Rescue the RED



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This is the emergency zone. You are in the red when you have any ONE of these symptoms:

- ◆ Your asthma is getting worse
- ◆ You are very short of breath, breathing fast and hard
- ◆ Your medicine is not working
- ◆ You have trouble walking and talking
- ◆ Your fingernails and lips are turning blue
- ◆ You sense that something is very wrong
- ◆ Your peak flow rate is in the red

Take Immediate Action

- ◆ Take the medication prescribed by your doctor in the **red zone**
- ◆ See a doctor or go to the Emergency Room
- ◆ Do not wait, this is serious



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