WHAT IS AN ASTHMA ATTACK?

An asthma attack is when the airways in your lungs swell and narrow. This makes it hard to breathe. Minor asthma attacks can be stopped by using a Quick Relief Inhaler. A severe asthma attack can become a life-threatening emergency.

You already do your best to control your asthma to avoid attacks. And, you take your medication and keep away from asthma attack triggers. But when you cannot control your environment, or an asthma attack comes on unexpectedly, what can you do? Learn about the 3 asthma zones, plus helpful tips on what to do during an attack.

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GREEN ZONE – GOOD TO GO

- Breathing is good
- No cough or wheeze
- Can work and play
- Sleep well at night
- Peak flow is 80-100% of your ‘personal best’

Continue taking your controller medicines as prescribed to keep asthma in good control.

YELLOW ZONE – BE AWARE

- Some problems breathing
- Cough, wheezing, tight chest
- Problems working and playing
- Wake at night
- Peak flow is 50-80% of your ‘personal best’

RED ZONE – STOP & TAKE ACTION

- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not helping
- Peak flow is less than 50% of your ‘personal best’

Go to the hospital or call for an ambulance if:

- Still in the red zone after 15 minutes.
- You have not been able to reach your physician/health care provider for help.

Call 911 immediately if the following danger signs are present:

- Trouble walking/talking due to shortness of breath.
- Lips or fingernails are blue.

IF your symptoms (and peak flow, if used) return to Green Zone after one hour of the quick-relief treatment, THEN:

- Take a quick relief medication every 4 hours for 1 to 2 days.
- Take your long-term control medicine regularly.
- Contact your physician for follow-up care.

IF your symptoms (and peak flow, if used) DO NOT return to Green Zone after one hour of the quick-relief treatment, THEN:

- Call your physician/health care provider right away.
- Look out for symptoms in the red zone.

EMERGENCY CONTACT INFORMATION

In the case of an emergency, have a list of friends and family who can help you. Keep the list in a place where others can easily find it.

Fill in the blanks provided below with emergency contact information.

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
<th>Cell Ph.</th>
<th>Work Ph.</th>
<th>Home Ph.</th>
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Physician Name: ___________________________ Phone: ____________
This document has important information from AlohaCare. You can request this document to be written in Ilocano, Vietnamese, Chinese (Traditional) and Korean. There is no charge. You can have it read to you. We also offer large print, braille, sign language and audio. Call us at 973-0712 or toll-free 1-877-973-0712. (TTY/TDD: 1-877-447-5990).


Daytoy a dokumento ket naglaon dagiti napateg nga impormasyon manipud ti AlohaCare. Mabalín mo a dawaten a maisurat daytoy a dokumento iti Ilocano, Vietnamese, Chinese (Traditional) ken Korean. Awan ti bayad na. Mabalín da nga ibasa kenka. Maipaay mi met ti nakadadakkel a letra, naka-braille, mai-sign language ken audio. Umawag kadakami iti 973-0712 wenno iti libre a tawag iti 1-877-973-0712 (TTY/TDD) 1-877-447-5990


본文件內含來自AlohaCare

的重要訊息。您可要求本文件的伊洛卡諾文、越南文、繁體中文和韓文等書面版本。免費提供。

您也可要求閱讀服務。我們亦提供大字體、點字版、手語和語音服務。請致電973-0712或免費電話1-877-973-0712。（聽障／語障專線：1-877-447-5990）。