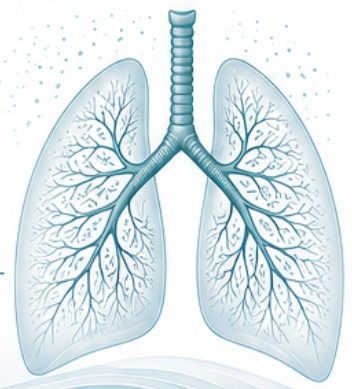


#5
**YOUR ASTHMA
ACTION PLAN**



— *Knowing What to Do When Symptoms Change* —

Even when your asthma is well controlled, symptoms can sometimes worsen. Knowing how to recognize changes early and what steps to take can help you stay safe and may prevent a more serious asthma attack.



**GREEN ZONE
DOING WELL**



Your asthma is under control. Keep up the good work!

- ✓ Breathing is good
- ✓ No cough or wheeze
- ✓ Sleep through the night
- ✓ Can work, play, and exercise without problems
- ✓ Using your controller medication as prescribed



Keep taking your daily controller medication as prescribed. Keep it up—even when you feel good!



**YELLOW ZONE
SYMPTOMS GETTING WORSE**



Caution! Your asthma may be worsening. Take action.

- ✓ Coughing, wheezing, or chest tightness
- ✓ Mild shortness of breath
- ✓ Waking at night
- ✓ Symptoms with activity
- ✓ Using your rescue inhaler more than usual



Take your rescue inhaler as directed. Stop and rest if needed. Follow your Asthma Action Plan (if you have one). If symptoms don't improve, call Karen.



**RED ZONE
MEDICAL EMERGENCY**



Get help immediately. This could be a medical emergency.

- ! Severe shortness of breath
- ! Trouble speaking full sentences
- ! Lips or fingernails turning blue or gray
- ! Rescue inhaler isn't helping
- ! Symptoms rapidly worsening



Call 911 or go to the nearest emergency room NOW.



WHEN TO CALL KAREN

Contact Karen if:

- ✓ You're using your rescue inhaler more often than usual (more than 2–3 times per week).
- ✓ Symptoms are becoming more frequent or lasting longer.
- ✓ Your asthma is interfering with sleep, work, or exercise.
- ✓ You're unsure whether your treatment plan is working.

Early communication helps us adjust your treatment and keep you out of the red zone.



We're a team. Don't wait—let's work together to keep your asthma in control.



AFTER A FLARE-UP

- ✓ Keep taking your prescribed medications as directed.
- ✓ Pay attention to what may have triggered the flare-up.
- ✓ Let Karen know if symptoms continue or return.
- ✓ Review your Asthma Action Plan together and make updates if needed.



Getting better is a great sign. Let's keep moving forward so you can stay in the green zone.



Remember:

If you've been given an Asthma Action Plan, follow it during a flare-up and keep it somewhere easy to find. If you don't have one, let's create one together that's right for you.

*The right plan + quick action
= better breathing*



Karen's Perspective

“One of the biggest mistakes I see is waiting too long to ask for help. Asthma flare-ups are often easier to manage when we address them early. If something doesn't feel right, I'd much rather hear from you sooner than later.”

— Karen

QUESTIONS FOR KAREN

- ? How do I know if I'm having an asthma flare-up?
- ? When should I seek emergency care instead of contacting you?
- ? What should I do if my rescue inhaler isn't helping?



QUESTIONS ABOUT THIS TOPIC?

Karen's Corner
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Have a question after reading this Field Note? Send it to Karen's Corner. Your question may even inspire a future educational resource.



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