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 treatment 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 treatment plan on file.
- Take a copy of your written asthma treatment plan to your school nurse.

*Remember, Control is the Goal*

**AVOID TRIGGERS**

**Control Your Environment**
- Know your asthma triggers.
- Take action plan 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.

**ASTHMA FACTS**

**Asthma is:**
- Swollen airways
- Increased mucus in 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 any symptoms or need your “quick-relief” medicine more than 2 times a week, your asthma is out of control and you need a long-term control 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
- Your insurance company

**Attend:**
- Asthma Education Programs

**AND CONTACT**

The Pediatric/Adult Asthma Coalition of New Jersey  
“Your Pathway to Asthma Control”  
www.pacnj.org

**ASTHMA NEEDS PAC ACTION!**

**Start Now**

- **Plan for Control**
- **Avoid Triggers**
- **Communicate Your Needs**

Visit: www.pacnj.org

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Follow Your Asthma Treatment Plan: It is YOUR Pathway to Asthma Control

Approved PACNJ Asthma Treatment Plan available at www.pacnj.org/plan.html

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 treatment 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 relief” medicine, go to the yellow zone.

This CAUTION ZONE means something has changed. You are in THE YELLOW ZONE 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.

This is the EMERGENCY ZONE. You are in THE RED ZONE 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