

Asthma Home Management Plan

Patient Label

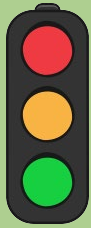
Go play

Use **CONTROLLER** medicine **EVERYDAY**

*Even if your child has **NO** symptoms!



Illustrations by Paula Falco



- *No coughing or wheezing
- *Breathes easily
- *Plays easily
- *Sleeps comfortably

green sticker for controller medicine



Your controller medicine(s):

_____ How much: _____ How often: _____

_____ How much: _____ How often: _____

_____ How much: _____ How often: _____

_____ How much: _____ How often: _____

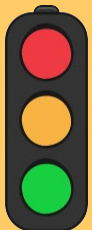
Give _____ puffs of quick relief medication before running or sports.

UHRainbow.org/AsthmaGreenZone

Slow Down

Give **QUICK RELIEF** medicine **NOW**

Continue using your **GREEN** zone controller medicine(s)



- *Coughing a lot (especially at night)
- *Having some trouble breathing
- *Wheezing
- *Hard to sleep

red sticker for quick relief medicine



Your **QUICK RELIEF** medicine(s):

_____ How much: _____ How often: every 4 hours as needed

_____ How much: _____ How often: _____

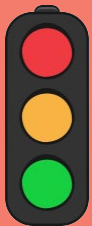
- **Call your doctor** if your child needs quick relief medicine **more often than every 4 hours**
- **Call you doctor** if your child's breathing is **NOT** better after 1-2 days
- Return to **GREEN** zone if breathing is better for 6-8 hours.

UHRainbow.org/AsthmaYellowZone

Stop

Give **QUICK RELIEF** medicine **NOW** and call your doctor.

If your child is turning blue or not responding to you **call 9-1-1**



- *Hard time catching breath
- *Nostrils moving in and out to breathe
- *Ribs showing when breathing
- *Trouble walking or talking
- *Acting drowsy or sleeping

red sticker for quick relief medicine



Your **RED ZONE** **QUICK RELIEF** ** medicine is: **Albuterol**

- **Give 4 puffs with spacer (or one nebulized treatment) NOW!**
- Give oral steroids **NOW** if ordered by your doctor.
- If breathing is **NOT** better in 15 minutes, give 4 more puffs with spacer (or one nebulized treatment). **Call 9-1-1** or go to the nearest emergency department.
- If breathing is better for 4 hours return to the **YELLOW** zone.

UHRainbow.org/AsthmaRedZone

YOUR ASTHMA DOCTOR

TELEPHONE NUMBER

**Your quick relief medicine may also be called (ProAir | Ventolin | Proventil | Xopenex)



University Hospitals
Rainbow Babies & Children's

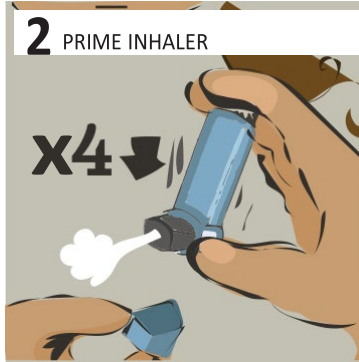
How to use an inhaler with a spacer

Works as well as a nebulizer!

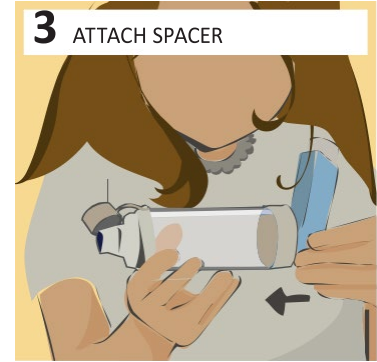
From the American College of Chest Physicians
Illustrations by Paula Falco



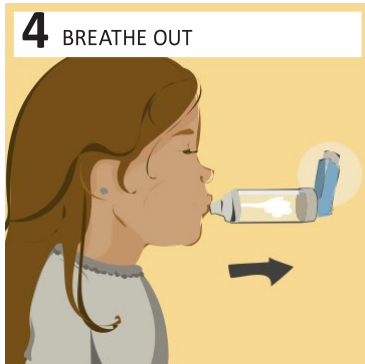
Remove cap from mouthpiece of inhaler and spacer. Shake inhaler well.



Prime the inhaler by spraying out 4 puffs of medication if the inhaler is new or hasn't been used in 2 weeks or longer.



Attach the inhaler to the spacer.



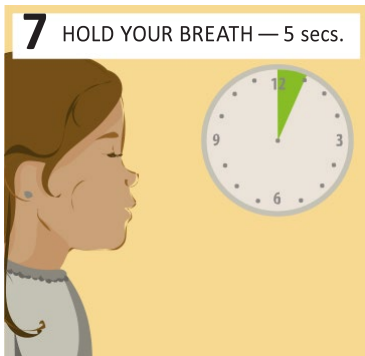
Place lips around spacer mouthpiece. Take a deep breath IN and then breathe OUT slowly into the spacer.



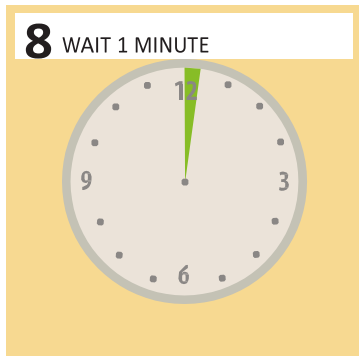
Press the inhaler one time. This puts one puff of medicine into the spacer.



Breathe IN deeply but SLOWLY. **Breathe in slower if the spacer whistles**



Hold breath for 5 seconds before breathing out.



If your child needs to take another puff of medicine, wait 1 minute. After one minute, repeat steps 4 to 7.



Rinse mouth if the medicine taken was an inhaled steroid. Do not swallow the water



Scan code for video demonstration of how to use albuterol inhaler with a facemask

UHRainbow.org/AsthmaMDISpacer



Scan code for video demonstration of how to use albuterol inhaler with mouthpiece

UHRainbow.org/AsthmaMDISpacerwithMouthpiece