

Asthma management and prevention plan

Knowing what triggers asthma can help you avoid flare-ups. When you understand what to watch for and what to do, you can use your inhaler sooner, get help early, and prevent serious breathing problems. This can help you stay safe and out of the hospital. Please speak with a physician about these recommendations and determine the best plan for your health.

Green zone: good

- Breathing is easy
- No cough or wheezing
- Can play and sleep well

Actions to stay in the green zone:

- Take your prescribed medications
- Avoid triggers (things that make asthma worse):
 - Smoke, dust, pet fur, cold air,
 - Strong smells that could bother your breathing.
- Watch your symptoms:
 - Coughing
 - Wheezing (whistling sound)
 - Shortness of breath
 - Chest tightness
- Stay active

Yellow zone: caution

Symptoms of inflammation from asthma include:

- Coughing (chronic)
- A tight feeling in your chest
- Feeling short of breath
- Wheezing (a whistling noise, especially when breathing out)
- Low energy or feeling tired

Actions to get to the green zone:

- Use a rescue inhaler
- Rest
- Avoid smoking (talk to your case manager for resources to quit smoking)
- Call the doctor if your health doesn't improve

Steps to take if you think you may be heading toward the red zone:

- Call the 24/7 Nurse Advice Line
- Utilize MD Live
- Know where the closest urgent care is and what their hours are
- Stay active

Red zone: danger

- Trouble breathing
- Feeling too short of breath to talk or walk
- Lips or fingers turn blue
- Feeling lightheaded or dizzy, as though you are about to pass out

Actions to take in an emergency:

- Take emergency medications
- Call 911

Services may be limited. Please review your benefit documents to confirm available services and any costs.

Sources:

resphhealth.org/living-with-asthma

cdc.gov/asthma/living-with/index.html

nhlbi.nih.gov

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