

Goals of Asthma Care

Do You Feel This Way?

"I'm so tired of waking up at night, coughing and wheezing. It seems like I'm always using my inhaler so I can breathe. I wish I could get my symptoms under control."

— Ellen J., newly diagnosed with persistent asthma

You Don't Have to!

Most people with asthma should be able to:

- ✓ Sleep well almost every night
- ✓ Go to school and work every day
- ✓ Use a quick-relief (rescue) inhaler less often
- ✓ Exercise and play sports

The image shows a sample of an Asthma Action Plan form. It is titled "Asthma Action Plan/Peak Flow Numbers" and includes instructions on how to use it. The form has several sections: a header with patient information fields (Name, Date, Doctor, Phone for doctor or clinic, Emergency Call #), a section for "Green" status with symptoms like coughing or wheezing, a section for "Yellow" status with symptoms like waking up at night, and a section for "Red" status with symptoms like trouble breathing. Each section has columns for "Medicine", "How much to take", and "When to take it".

Asthma Action Plan

Take Control of Your Asthma

- ✓ Work with your doctor to set goals to help control your asthma.
- ✓ Sit down with your doctor to develop an Asthma Action Plan. Follow it.
- ✓ Take your controller medicine every day as directed by your doctor.
- ✓ Know your asthma triggers and stay away from them.
- ✓ Use your quick-relief medicine as directed by your doctor.

Your asthma CAN be well managed. You CAN be active. You CAN sleep well almost every night. Expect nothing less.