

# ZONE EDUCATION - ASTHMA



P3 Health Partners is a health population management group founded and led by physicians who want to shift the industry's focus from managing illness to cultivating wellness. Our job is to make sure you get the attention and care you deserve when you need it most.

Each of these Zones identifies the symptoms to be aware of to help manage your Asthma. Use this guide to monitor and recognize the signs of Asthma and understand what actions to take to improve your health.

Patient Name: \_\_\_\_\_ Date of Plan: \_\_\_\_\_

Provider Name: \_\_\_\_\_ Provider #: \_\_\_\_\_

P3 Care Management Team: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Contact #: \_\_\_\_\_

## DAILY CARE

Take your Preventive Medications daily:

Medication	How Much	When

Avoid your Asthma triggers



## GREEN ZONE

You are in the clear. Keep up the good work!

Your symptoms are controlled and you have:

- No shortness of breath
- No wheezing
- No tightness in your chest



## YELLOW ZONE: CAUTION

This is a Warning Zone if you are experiencing any of the symptoms below:

- Shortness of breath
- Wheezing
- Tightness in your chest
- Unable to sleep at night
- Increased coughing



Take action:

1. Take your quick relief medications:

Medication	How Much	When

2. If you:

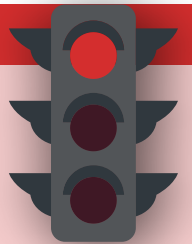
- Still have signs of Asthma after taking your quick relief medications
- Need quick relief medications sooner than every 4 hours
- Need quick relief medications every 4 hours for more than 24 hours

**If your symptoms do not go away, call your Primary Care Provider or P3 Care Management Team at: (      )**

## RED ZONE: EMERGENCY

This is a Danger Zone if you are experiencing ANY of the symptoms below:

- Difficulty breathing
- Trouble talking or walking
- Constant coughing
- Your lips or nails are blue
- No help from your quick relief medications
- Ribs showing when you breathe
- Use of your neck and stomach muscles when you breathe



Take action:

1. Take your quick relief medications:

Medication	How Much	When

2. If you are experiencing the symptoms below, you are still in the Red Zone.

**Call 911 or go to the Emergency Room.**

- Have wheezing that gets worse even after taking your quick relief medications
- Have breathing that gets faster even after taking your quick relief medications
- Have difficulty walking or talking
- Have a hard time breathing and you also have:
  - ◇ Flaring nostrils
  - ◇ Skin that is cold and sweaty
  - ◇ Grunting
  - ◇ Tensed stomach muscles
  - ◇ Increased coughing that interferes with breathing
  - ◇ Pale skin, or a blue-gray color around lips
  - ◇ Muscles showing in the neck and ribs