Be Healthy with Asthma

If you or your child has asthma, you are not alone. People of all ages have asthma and are living a healthy life. With the right self-care and help from providers, you can too!

Make an Asthma Action Plan

Talk with your doctor about an Asthma Action Plan. He or she can help you make a plan that is right for you!

Your Asthma Action Plan will tell you:

- What medicines to take.
- When to take them.
- How much to take.
- When to get help.

Share your plan with anyone who might be around when you have an asthma attack. This may include family, friends, teachers, coaches or day care workers.

You are Not Alone!

For more information about asthma, please call Member Services at 1-800-578-0603 (TTY: 711).

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Your Asthma Action Plan has 3 Zones:
Green, Yellow and Red

Green Zone
Good!

You are breathing well and can do your normal activities. Your asthma is in control!

Stay in the Green Zone:

- Keep doing what your doctor says.
- Take your long-term control medicines every day (as listed on your Asthma Action Plan).

Yellow Zone
Caution!

You are having a mild asthma attack. You may be coughing more, wheezing, your chest may feel tight or you may be short of breath. You can do some, but not all, of your usual activities.

Get out of the Yellow Zone:

- Use your rescue inhaler.
- Your breathing should get better within an hour or you should call your doctor.

Red Zone
Danger!

You are having a serious asthma attack. You feel very short of breath. You cannot do your normal activities. Quick-relief medicines have not helped.

Get out of the Red Zone:

- Use your rescue inhaler right away!
- Take the number of puffs listed on your Asthma Action Plan.
- If your breathing does not get better, call your doctor NOW. If you cannot reach your doctor, you can call Passport's Nurse Advice Line at 800-606-9880. If you cannot reach your doctor and are still in the red zone after 15 minutes, go to the Emergency Room or call an ambulance.

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