

# How to use this tool

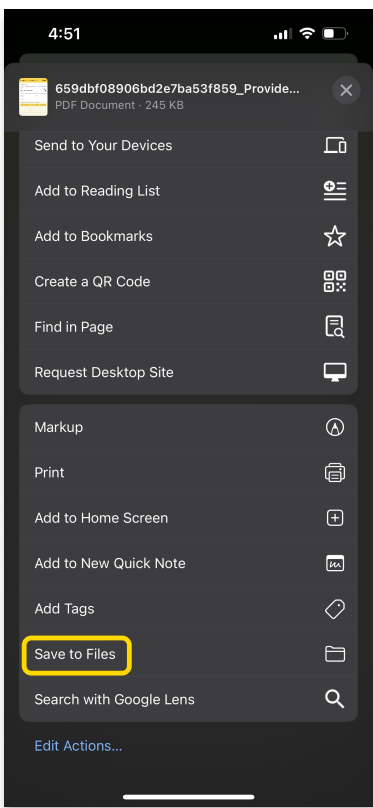
## If you want to use the digital version

1. If you download on desktop, once you open up the form you will see light blue boxes above the lines. Click on each blue box and type your answers into the form.
2. If you download on mobile, once you open up the form you won't see boxes but you will be able to type above each line. Zoom in, click and type your answers into the form.
3. Take it with you when you see your provider and click the 'download the app' or 'email the care team' button on the last page to get more help.

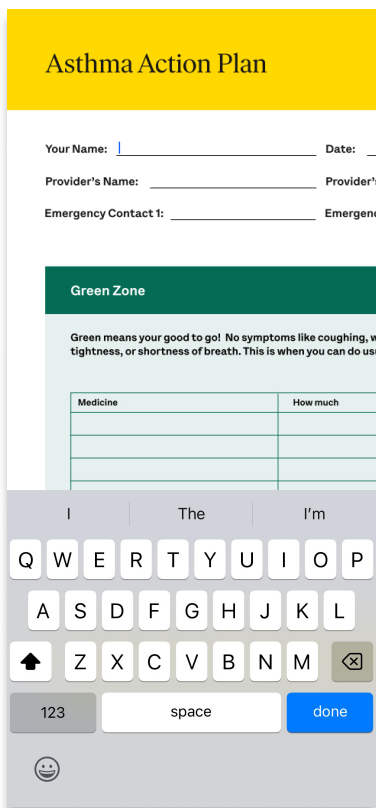
## How to download and edit on iOS



Click the top right icon



Select 'Save to Files'



Open up, zoom in and edit by clicking on lines & typing

## If you want to use the print version

1. Print it out and fill it in whenever you go to a new provider.
2. Take it with you when you see your provider.
3. Scan the QR code on the last page to get more help.

Your Name:

Date:

Provider’s Name:

Provider’s Phone Number:

Emergency Contact 1:

Emergency Contact 2:

Green Zone

Green means your good to go! No symptoms like coughing, wheezing, chest tightness, or shortness of breath. This is when you can do usual activities.



| Medicine | How much | How often |
|----------|----------|-----------|
|          |          |           |
|          |          |           |
|          |          |           |
|          |          |           |

Yellow Zone

Yellow means you have some symptoms and to be careful! Symptoms like coughing, wheezing, chest tightness, breathing trouble, waking up at night due to asthma.



| Medicine | How much | How often |
|----------|----------|-----------|
|          |          |           |
|          |          |           |
|          |          |           |
|          |          |           |

# Red Zone

Red means emergency! Symptoms like very short of breath, or quick-relief medicines have not helped, or symptoms are the same or worse after 24 hours in the Yellow Zone.

After you take your medicine, call your doctor right away!



| Medicine | How much | How often |
|----------|----------|-----------|
|          |          |           |
|          |          |           |
|          |          |           |
|          |          |           |

## If you use a peak flow meter

| Best Score | Your green zone                      | Your yellow zone                       | Your red zone                        |
|------------|--------------------------------------|----------------------------------------|--------------------------------------|
| _____      | _____ or higher<br>80% of best score | _____ to _____<br>50-80% of best score | _____ or higher<br>50% of best score |

## Know your triggers

### OUTDOOR

**Illness** Contact your healthcare provider if you think you have another health problem that is making it harder for you to breathe.

**Emotions** Talk to your healthcare provider if anxiety, stress, or other emotions make your asthma worse.

### INDOOR

**Cockroaches, mice, rats** Keep your kitchen clean and store food and garbage in closed containers. Don't leave out any standing water or other liquids.

**Mold, humidity** Fix water leaks as soon as possible and dry damp or wet items within 48 hours. • Remove all moldy items from your home.

Want help with the next steps?  
Download our app to talk with  
your care team, or send an email!

Download the app

Email the care team

Or email the  
care team by  
scanning the  
QR code

