

Asthma: Take Control of Your Breathing

Asthma is a chronic condition that causes swelling and narrowing of the airways in the lungs, making it hard to breathe.

These tips can help you **manage your asthma so you can feel better and breathe easier.**



Schedule routine asthma check-ups with your doctor

- Check if your asthma is under control or has gotten worse.
- Adjust asthma medications, if needed.
- Update your asthma action plan.
- Follow your doctor's instructions to help control your asthma.

See your doctor within 30 days after an urgent care or inpatient visit

- If you go to the emergency room, urgent care, or hospital for asthma, see your doctor **within 30 days**. Your doctor will:
 - Check your medications.
 - Review or create an asthma action plan.
 - Help manage your asthma triggers to prevent future asthma attacks.

Follow an asthma action plan

- Your doctor will make a personal plan to help control your asthma.
- It lists your asthma medications, dosages, and when to use.
- It identifies your asthma triggers and how to manage symptoms, such as wheezing, coughing, shortness of breath, and chest tightness.
- It tells you what to do during an asthma attack.

Take asthma medications as prescribed

- **Controller medications** are taken daily, even if you don't have symptoms; they prevent asthma attacks.
- **Rescue / reliever medications** are taken when you have asthma symptoms or an asthma attack.

Use asthma supplies (Covered by Medi-Cal Rx)

- A spacer is a tube you attach to an inhaler that helps you breathe the medicine into your lungs.
- Peak flow meters check how well you are breathing.
- Ask your doctor what tools you need.

Avoid asthma triggers

- Know what triggers your asthma and try to avoid these triggers.
- Triggers can be allergens, smoke, exercise, poor air quality, chemicals, and infections like colds and flu.
- Follow up with your doctor if your asthma symptoms get worse.



Know The Asthma Zones to Help Control Your Asthma

Talk with your doctor about your asthma action plan so you can take care of your asthma every day.

Green Zone = Doing Well

You have all of the following:

- ☐ No coughing.
- ☐ No wheezing.
- ☐ No chest tightness.
- ☐ You can breathe easily during normal activities such as work, school, sports, or play.
- ☐ Asthma does not wake you up at night.
- ☐ You are taking your daily asthma medication as prescribed.

Yellow Zone = Asthma is Getting Worse

Call your doctor or go to urgent care within 24 hours if you have any of these:

- ☐ Coughing on and off throughout the day or night.
- ☐ Wheezing on and off throughout the day or night.
- ☐ Chest tightness.
- ☐ Asthma wakes you up at night due to coughing, wheezing, or chest tightness.
- ☐ Asthma gets in the way of normal activities such as work, school, sports, or play.

Red Zone = Medical Alert

You have all of the following:

- ☐ Call **911** if your Yellow Zone symptoms (coughing, wheezing, chest tightness) stay the same or get worse after 24 hours and quick-relief medications are not helping.

My Doctor: _____ **Phone:** _____

24/7 Advice Line Nurse: **1-877-431-1700 (TTY 711)**



**Gold Coast
Health Plan**SM
A Public Entity

To learn more about your health plan benefits, call Member Services at **1-888-301-1228**, 8 a.m. to 8 p.m. seven days a week from Oct. 1 through March 31, and 8 a.m. to 8 p.m. Monday through Friday from April 1 through Sept. 30 (except some holidays). If you use a TTY, call **711**. Visit GCHP's website at www.goldcoasthealthplan.org.

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