Treating Asthma Flares
Preventing Asthma Emergency Room Visits

1. **ALWAYS HAVE ASTHMA MEDICATIONS HANDY**
   - Refill Medications early when they are running low.
   - Use our automatic refill system. Available 24/7 at 510-784-4591
   - For emergency refills after hours, please go to the 24 hour San Leandro hospital pharmacy.

2. **LOOK FOR SYMPTIONS**
   - **Yellow zone (mild flare):** Coughing, mild wheezing, chest congestion but breathing is adequate. Usually, a mild flare can be treated according to your Asthma Plan and consultation with your doctor, by phone or office visit and does not require emergency room visit.
   - **Red zone (severe flare):** Fast breathing, shortness of breath, pronounced stomach movement, persistent coughing, tight wheezing, or peak flow below 50% of Best.

   Increase meds per Red Zone plan, but **RED ZONE flares DO require an Emergency Room visit if after clinic hours.**

3. **TREAT FLARES EARLY WITH YOUR ASTHMA PLAN**
   - Get an Asthma plan from your doctor and start inhalers for yellow zone at first sign of persistent cough.

   **Rescue Inhaler:** (Albuterol)
   - Usually give **2-4 puffs EVERY 4 HOURS** around the clock until the cough is better.
   - Give a dose in the middle of the night or at school if your child is coughing.
   - Increase the number of puffs early in the flare. Max dose of 4-6 puffs each treatment.

   **Controller Inhaler:** (QVar, Flovent, Asmanex, Pulmicort, Singular or Dulera)
   - If prescribed, use your daily preventive medication to prevent flares (**Green Zone**)
   - For persistent cough, follow your **Yellow Zone** plan. Usually this is 2-4 inhalations twice a day. *(For Dulera max is 2 inhalations twice daily)*
   - Check with your doctor if this is not helping.
   - Use correct technique and appropriate spacer with inhalers. Rinse mouth post use.

Reedited in GSAA Health Education /Pediatric Departments – Oct 2014