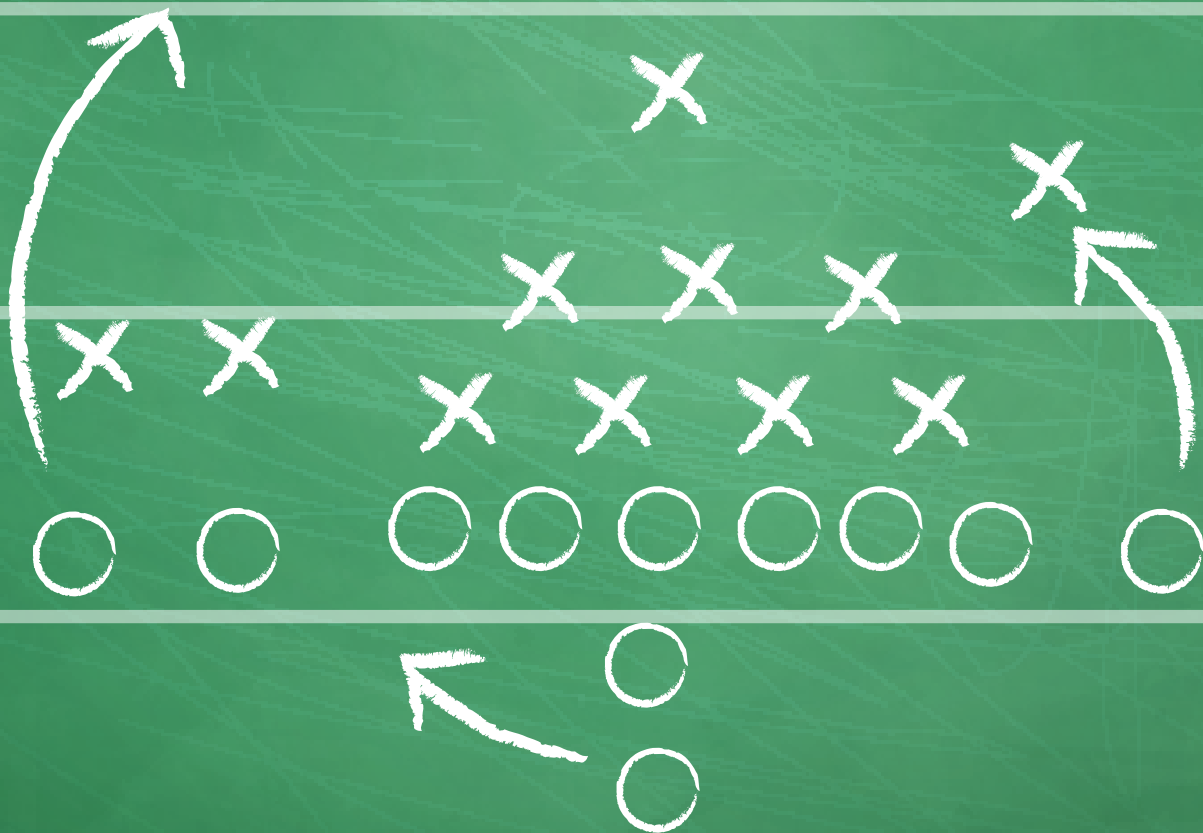


The #TackleAsthma Playbook

Your game plan so you can
exercise safely with asthma.



Asthma and Allergy
Foundation of America

rashadjennings
FOUNDATION



Have an Asthma Action Plan

Name	Date
Doctor	Medical Record #
Doctor's Office Phone #: Day	Night/Weekend
Emergency Contact	
Doctor's Signature	



The Colors of a traffic light will help you use your asthma medicines.

Green means Go Zone!
Use preventative medicine.

Yellow means Caution Zone!
Add quick-relief medicine.

Red means Danger Zone!
Get help from a doctor.

Personal Best Peak Flow _____

GO

You have all of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play

Peak flow from _____ to _____

CAUTION

You have any of these:

- First signs of a cold
- Exposure to known trigger
- Cough
- Tight chest
- Mild wheeze
- Coughing at night

Peak flow from _____ to _____

DANGER

Your asthma is getting worse fast:

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Can't talk well

Peak flow reading below _____

Use these daily preventive anti-inflammatory medicines:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

For asthma with exercise, take:

--	--	--

Continue with green zone medicine and add:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

CALL YOUR PRIMARY CARE PROVIDER.

Take these medicines and call your doctor now.

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

GET HELP FROM A DOCTOR NOW! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT.**

Make an appointment with your primary care provider within two days of an ER visit or hospitalization.





#2

Tackle Asthma in the Zone

Know your asthma zones so you can prevent and defend asthma episodes. Take medicines as instructed by your doctor.

KNOW YOUR ASTHMA ZONES



BREATHING IS GOOD

SIGNS: No cough, wheeze, chest tightness or shortness of breath during day or night. Can work, play, sleep.

ACTION: Take your long-term control medicine daily. You may need quick-relief medicine before you exercise.



BREATHING IS GETTING WORSE

SIGNS: Cough, wheeze, chest tightness or shortness of breath during day or night. Can do some activities.

ACTION: Take your green zone medicine daily and add your quick-relief medicine. If you do not return to the green zone after one hour of treatment, refer to your asthma action plan and call your doctor. Using a rescue inhaler more often is a sign of worsening asthma.



BREATHING IS DIFFICULT

SIGNS: You have *any* of these symptoms: Breathing is hard and fast. Nose opens wide. Ribs show. Can't talk well. Can't do normal activities. Medicine is not helping.

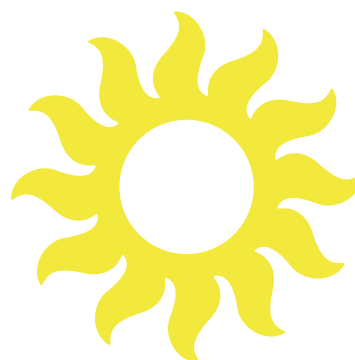
ACTION: **CALL YOUR DOCTOR NOW.** Go to the hospital or call an ambulance if you are still in the red zone after taking medicines as instructed by your doctor.





Scope Out the Playing Field

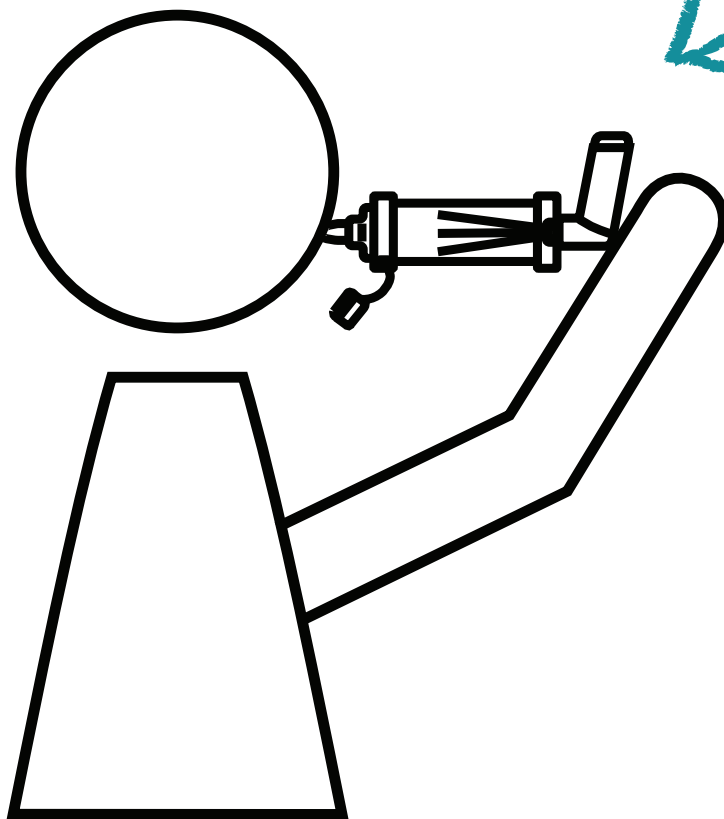
Check the weather, air quality and pollen counts before you exercise outside. There are mobile apps you can use. If air quality or pollen is bad, you may want to exercise indoors. If it is cold and dry outside, cover your mouth and nose with a face mask or scarf.



#4

Bring Your Gear

Carry your quick-relief inhaler (rescue inhaler) and cell phone with you.

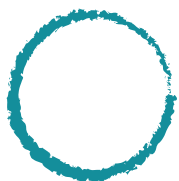


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#5

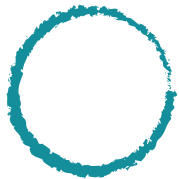
Prepare Your Body



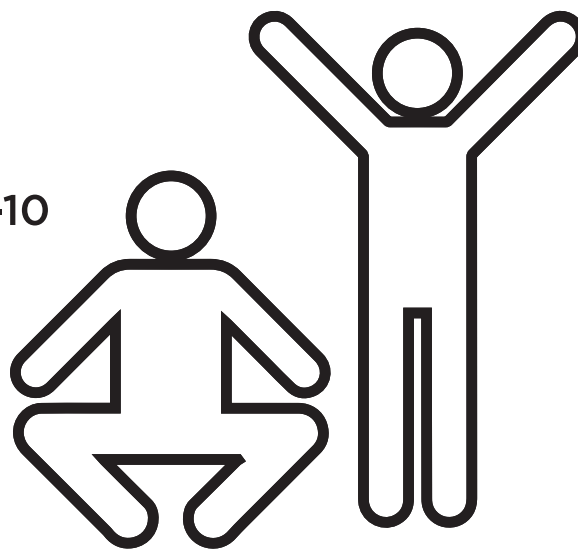
Eat healthy foods.
Drink plenty of water.



Before you exercise,
you may need to treat
your lungs with your
quick-relief inhaler to
prevent an asthma attack.



Be sure to do a 6-10
minute warm-up.





#6

Take Care of the Player

Watch for signs of asthma before, during and after exercise. Alert your teammates, coaches or exercise buddies if you are having an asthma attack. Follow your asthma action plan and take your medicine.



Common symptoms of asthma include:

- Coughing
- Wheezing (a whistling, squeaky sound when you breathe)
- Shortness of breath
- Rapid breathing
- Chest tightness

Asthma may lead to a medical emergency.





Have Fun and Stay Healthy

Exercise is a part of a healthy lifestyle, even if you have asthma. If you have frequent symptoms with exercise, talk to your doctor. You should be able to take part in activities, sports and exercise without experiencing symptoms.

“I want kids to understand that you can live with asthma, you can overcome asthma, and you can tackle asthma like I did.”

- Rashad Jennings

Running back for the New York Giants

The Asthma and Allergy Foundation of America is dedicated to improving the quality of life for people with asthma and allergic diseases through education, advocacy and support.

Visit us at www.aafa.org to learn more.