



# IMPACT

Improving Pediatric Asthma Care in the District of Columbia

# DC



## Tips and Reminders from the IMPACT DC Asthma Clinic

During your visit to the IMPACT DC Asthma clinic, we talked about 3 key things:

**Trigger Control:** An asthma educator helped you identify asthma triggers in your home and ways that these triggers can be reduced. You received a **special asthma cover for your child's pillow**, along with some of these tips:

- Wash blankets, sheets, and pillowcases in **hot** water every week
- Do not allow any smoke, like tobacco, candles, or incense, in the house or in your child's bedroom.
- Keeps stuffed animals out of bed or wash in hot water or freeze them for 24 hours every week.
- Vacuum once a week when your child is **not** in the room, using a double-layer bag or HEPA filter.

**Asthma Action Plan and Medications:** You received an Asthma action plan from Impact DC:

This plan lists the medications that your child should take every single day – these are controller medications and you can find them in the green zone of the Asthma Action Plan.

The plan also tells you what to do when your child is having asthma symptoms or an attack – you can find this information in the **yellow** and **red** zones of the Asthma Action Plan.

Remember to keep the Asthma Action Plan in a place where the whole family can see it – like on the refrigerator!

### Follow-Up Appointments:

Your child should see her or his primary care provider every 3 months all year round for ongoing asthma care and planning. Remember to schedule these appointments in advance to talk about asthma and keep everyone on the same page!

Children's National Medical Center		
Name	School:	DOB: / /
Health Care Provider:	Phone:	
Parent/Responsible Person:	Phone:	
<b>GREEN ZONE: Use Your CONTROL (PREVENTION) Medicines EVERY Day</b>		
<p><b>If you have ALL of these:</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Breathing is easy</li> <li><input type="radio"/> No cough or wheeze</li> <li><input type="radio"/> Can work and play</li> <li><input type="radio"/> Can sleep all night</li> </ul>	<p><b>Then:</b></p> <ul style="list-style-type: none"> <li>No control medicines required. Always rinse mouth after using your daily inhaled medicine.</li> <li>puff(s) inhaler with spacer _____ times a day</li> <li>nebulizer treatment(s) _____ times a day</li> <li>take _____ by mouth once daily at bedtime</li> <li>For asthma with exercise, ADD _____ puff(s) inhaler with spacer 15 minutes before exercise</li> </ul>	
<b>YELLOW ZONE: Caution—Continue CONTROL Medicines and ADD QUICK-RELIEF Medicines</b>		
<p><b>If you have ALL of these:</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Breathing is easy</li> <li><input type="radio"/> No cough or wheeze</li> <li><input type="radio"/> Can work and play</li> <li><input type="radio"/> Can sleep all night</li> </ul>	<p><b>Then:</b></p> <ul style="list-style-type: none"> <li>No control medicines required. Always rinse mouth after using your daily inhaled medicine.</li> <li>puff(s) inhaler with spacer _____ times a day</li> <li>nebulizer treatment(s) _____ times a day</li> <li>take _____ by mouth once daily at bedtime</li> <li>For asthma with exercise, ADD _____ puff(s) inhaler with spacer 15 minutes before exercise</li> </ul>	
<b>RED ZONE: EMERGENCY!—Continue CONTROL &amp; QUICK-RELIEF Medicines and GET HELP!</b>		
<p><b>If you have ALL of these:</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Breathing is easy</li> <li><input type="radio"/> No cough or wheeze</li> <li><input type="radio"/> Can work and play</li> <li><input type="radio"/> Can sleep all night</li> </ul>	<p><b>Then:</b></p> <ul style="list-style-type: none"> <li>No control medicines required. Always rinse mouth after using your daily inhaled medicine.</li> <li>puff(s) inhaler with spacer _____ times a day</li> <li>nebulizer treatment(s) _____ times a day</li> <li>take _____ by mouth once daily at bedtime</li> <li>For asthma with exercise, ADD _____ puff(s) inhaler with spacer 15 minutes before exercise</li> </ul>	