Why visit Lafene Health Center?

- We provide continuity of health care while you attend K-State. Upon request your hometown doctor (primary care provider—PCP) will be consulted and updated. We may request medical records from your PCP or specialist.
- Acute visits (breathing problems or illness) will be with the first available provider.

What to bring to your first appointment?

- All medicines (pills, inhalers, nebulizer meds)
- Spacers or peak flow meters
- Your asthma action plan
- Medical records, if available

Additional Information:

- Allergy testing may be suggested. A blood sample can be drawn at Lafene Health Center, or you may be referred to an allergy specialist. When possible referrals will be made to specialists in-network.
- If you qualify for patient assistance plans, you can receive assistance provided through pharmaceutical companies.

Housing Tip:

Care should be taken when choosing a place of residence if you have known allergen triggers such as pet dander, dust or mold. Information is available on allergen avoidance.

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Using a peak flow meter:

1. Place the indicator at the “0” mark of numbered scale.
2. Stand up.
3. Take a deep breath.
4. Place mouthpiece in mouth and close lips around it. Do not put tongue in the hole.
5. Blow as hard & as fast as you can in a single blow.

Repeat all steps three times and write down the highest of the three.

Green zone (80% to 100%) __________ to __________

Yellow zone (50% to <80%) __________ to __________

Red zone (<50%) __________ to __________

REMEMBER!

Peak flow readings are only ONE part of how to figure out how your asthma is doing. Pay attention to your symptoms, too!

If there is active wheezing and doing your peak flow at that time is making you feel worse, call your health care provider.

If your asthma is doing well, Pay attention to your symptoms.

LHC HP 9/11
**Green means GO**

**Green Zone**

Peak Flow ____________ to ____________
(80% - 100% of personal best)

“Go” indicators:
- No signs of asthma
- Be able to do normal activities
- No problems while sleeping

Take Preventive Medications EVERY DAY (including albuterol MDI for exercise)

<table>
<thead>
<tr>
<th>Medication</th>
<th>How Much</th>
<th>When</th>
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<tbody>
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Avoid YOUR Asthma Triggers

- ______________________
- ______________________
- ______________________

**Yellow Zone**

Peak Flow ____________ to ____________
(50% - 80% of personal best)

Early warning signs:
- Coughing
- Wheezing
- Tightness of chest
- Shortness of breath
- Unable to sleep at night due to above symptoms

Take your “Quick Relief” Medication

<table>
<thead>
<tr>
<th>MEDICATION</th>
<th>HOW MUCH</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albuterol (Proventil or Ventolin)</td>
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Repeat Peak Flow 15 minutes after taking “Quick Relief” Medication

If you are not having any signs of asthma and your peak flow is in the green zone, keep taking your green zone medications.

**Red means EMERGENCY**

**Red Zone**

Peak Flow ____________ to ____________
(below 50% of personal best)

Late warning signs:
- A lot of difficulty breathing
- Trouble talking (can’t say 5 words without taking a breath)
- Trouble walking less than 2 blocks or 1 flight of stairs
- Constant coughing
- Use neck and stomach muscles to breathe
- “Quick relief” medications don’t help
- Lips or nails blue

Take your “Quick Relief” Medication

<table>
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<th>MEDICATION</th>
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<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albuterol (Proventil or Ventolin)</td>
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<td>20 minutes</td>
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Repeat Peak Flow in 5 minutes

- If peak flow is over ____________, and you feel better, you are now in the yellow zone.
- CALL YOUR DOCTOR (ph# ____________) and ask what to do next.
- If you are unable to blow your peak flow, or if your peak flow is ____________, or less, or you are having late warning signs...you are still in the red zone and you MUST see a doctor!
- Go to the Emergency Room or CALL 911.