

Patient Name: [REDACTED]


Follow Up Doctor: NYP/Queens Pulmonology Clinic


Follow Up Doctor Phone: 718-670-1920

Call for your next appointment in: 1 months


EVERY-DAY Medicines: Take every day to keep from having an asthma attack. (Examples -Flovent, Pulmicort, Advair)

QUICK-RELIEF Medicines: Take if you have a hard time breathing. (Examples - Albuterol)

GREEN - You're Doing Well!	Use these Every-Day Medicines every day.
<p>You have <u>all</u> of these:</p> <ul style="list-style-type: none"> • Breathing is good • No cough or wheeze • Sleep through the night • Can work and play 	Flovent HFA 110 mcg/inh inhalation aerosol - 2 puff(s) inhaled 2 times a day WITH SPACER -Indication: asthma
	Flonase 50 mcg/inh nasal spray - 1 spray(s) nasal once a day -Indication: OSA
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YELLOW - Caution!	Keep using Every-Day Medicines; add Quick-Relief medicine.
<p>You have <u>any</u> of these:</p> <ul style="list-style-type: none"> • First signs of a cold • Contact with a trigger • Cough • Mild wheeze • Tight chest • Coughing, wheezing, or trouble breathing at night 	Ventolin HFA 90 mcg/inh inhalation aerosol - 2 puff(s) inhaled every 4 hours, As Needed Indication: asthma exacerbation
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If your symptoms do not return to the GREEN zone, call your doctor!

RED - Call your doctor!	Keep using Every-Day Medicines; add Quick-Relief medicine. call your doctor!
<p>Your asthma is getting worse fast:</p> <ul style="list-style-type: none"> • Medicine is not helping • Breathing is hard and fast • Nose opens wide • Ribs show • Cannot talk well 	Ventolin HFA 90 mcg/inh inhalation aerosol - 2 puff(s) inhaled every 4 hours, As Needed Indication: asthma exacerbation
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Call your doctor or nurse now! If you cannot call your doctor or nurse, go to the emergency room. **DO NOT WAIT.**
 Danger Signs: Hard time talking or walking because of difficulty breathing. Lips or finger nails are turning blue. Person is confused.

The following are triggers of your child's asthma. Try to avoid.
 Cigarette Smoke Colds

We are working on finding out what worsens your child's asthma