

EVERYDAY—Your Personal Peak Flow Goal:	
Green Flags – All Clear 🚩	What this means:
<p>If you have:</p> <ul style="list-style-type: none"> No shortness of breath during the day or night Can do usual activities If a peak flow meter is used: Peak flow – more than _____ (80% or more of my best peak flow) My best peak flow: _____ 	<ul style="list-style-type: none"> Your symptoms are under control Continue taking your controller medications as ordered Continue monitoring peak flow Keep all physician appointments
Keep up the great work!	
Yellow Flags – Caution 🚩	What this means:
<p>If you have ANY of the following:</p> <ul style="list-style-type: none"> Cough, wheeze, chest tightness, or shortness of breath, or Waking at night due to asthma, or Can do some, but not all, usual activities Peak flow: _____ to _____ (50–80% of my best peak flow) Anything else unusual that bothers you 	<ul style="list-style-type: none"> Your Asthma is getting worse You may need a medication adjustment Eliminate triggers Stop strenuous exercise Add reliever medication: _____ <div style="background-color: #D3D3D3; padding: 5px;"> <p>Call your doctor, nurse, or home health nurse if symptoms do not improve.</p> <p>Name: _____</p> <p>Number: _____</p> <p>Instructions: _____</p> </div>
If you notice a Yellow Flag, work closely with your health care team.	
Red Flags—Stop and Think 🚩	What this means:
<p>If you have ANY of the following:</p> <ul style="list-style-type: none"> Very short of breath, trouble walking and talking due to shortness of breath or skin color pale or gray OR Quick-relief medications have not helped, or Cannot do usual activities or Symptoms are same or get worse after 24 hours in the yellow flag area Peak flow: less than _____ (50% of my best peak flow) Skin color is pale or gray Fingernails or lips are blue 	<p>This indicates you need to be seen by a physician right away. In an emergency, call 9-1-1</p> <div style="border: 1px solid black; padding: 5px;"> <p>Physician: _____</p> <p>Number: _____</p> <p>Instructions: _____</p> <p>In an emergency situation: Call 911</p> </div>
If you notice a Red Flag, call your physician immediately.	

Area Agency on Aging and Disabilities of Southwest Washington

At the Area Agency on Aging & Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

Clark County: 360-694-8144—iaclark@dshs.wa.gov

Cowlitz and Wahkiakum Counties: 360-577-4929—iakelso@dshs.wa.gov

Klickitat County: Goldendale: 509-773-3757 White Salmon: 509-493-3068—
kcinfo@klickitatcounty.org

Skamania County: 509-427-3990—seniorsia@co.skamania.wa.gov

www.helpingelders.org