



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:

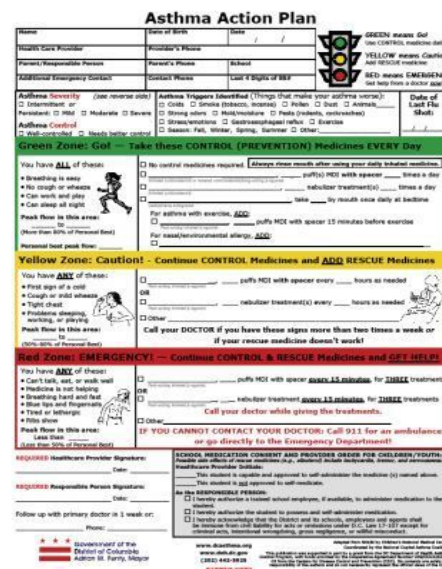
- ❑ Wash blankets, sheets, and pillowcases in **hot** water every week.
- ❑ Do not allow any smoke, like tobacco, candles, or incense, in the house or in your child's bedroom.
- ❑ Keep stuffed animals out of bed or wash in hot water or freeze them for 24 hours every week.
- ❑ Vacuum once a week when 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!



Asthma Action Plan

Green Zone: Go! Take these CONTROL (PREVENTION) Medicines EVERY Day

Yellow Zone: Caution! Continue CONTROL Medicines and ADD RESCUE Medicines

Red Zone: EMERGENCY! Continue CONTROL & RESCUE Medicines and GET HELP

Legend: GREEN means all is well, continue daily. YELLOW means caution, use rescue inhaler. RED means EMERGENCY, call 911 or go to ER.

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 the same page!

For more information, please contact us!

IMPACT DC Asthma Clinic

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