

Asthma Red and Yellow Flags Checklist

NAME:

DATE:

Asthma Red Flags

If you have **ONE** or more of the red flags listed below, speak to your healthcare provider about your symptoms.

- Frequent visits to the emergency room, or a stay in the hospital
- Using 3 or more puffs of your rescue inhaler per week (excluding use prior to exercise as prescribed)
- More than 2 courses of steroids in a year
- Feeling like asthma is controlling your life, and nothing seems to work
- Frequent flare-ups, asthma attacks, and severe symptoms
- Feeling like your condition is life-threatening
- Regular absences from work, school, or other activities because of asthma symptoms
- Feeling like you want to withdraw

Asthma Yellow Flags

If you have **THREE** or more of the yellow flags listed below, speak to your healthcare provider about your symptoms.

- Feeling frightened, frustrated or angry because of asthma
- A need to make too many lifestyle compromises
- Negative impacts on your family or relationships because of your asthma
- Unable to be as active as you want, or keep up with peers
- Prioritizing reliever medications over controller medications
- Fear of medications or side-effects, or not taking medications properly
- Symptoms indicative of a more serious disease, including: chest pain, nighttime symptoms, increased breathlessness, inability to walk up stairs, feeling like there is an elephant on your chest, coughing that prevents you from continuing your activities, constant wheezing or fatigue
- Diagnosed with other conditions that make asthma difficult to control or symptoms worse, including: nasal polyps, chronic sinusitis or rhinitis, anaphylactic food allergy, obesity, obstructive sleep apnea or sleep disordered breathing, gastroesophageal reflux, upper airway dysfunction, other respiratory conditions, stress, anxiety, or depression
- Too many negative side-effects from medications like weight gain, irritability, mood changes, facial swelling, insomnia