



ASTHMA RED FLAGS

- Frequent visits to the ER or a stay in the hospital
- Using 4 or more puffs of your rescue inhaler per week
- More than 2 courses of steroids in a year
- A feeling that asthma is controlling your life & nothing seems to work
- Frequent flare-ups, asthma attacks and severe symptoms
- A feeling that your condition is life-threatening
- Regular absences from work, school or other activities
- A feeling of wanting to withdraw



ASTHMA YELLOW FLAGS

- Feeling frightened, frustrated or angry due to asthma
- A need to make too many lifestyle compromises
- Over-reliance on a caregiver
- Negative impacts on your family or relationships
- Unable to be as active as desired or unable to keep up with peers
- Prioritising reliever medication over controllers
- Fear of medications or side-effects, or not taking medication properly
- Symptoms indicative of more serious disease including chest pain, nighttime symptoms, increased breathlessness, inability to walk up stairs, feeling of an elephant on your chest, coughing that prevents you from continuing your activities, constant wheezing, or fatigue
- Diagnosed with other conditions that make asthma worse or difficult to control, such as: 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, and psycho-social factors such as stress, anxiety, or depression
- Too many negative side effects such as weight-gain, irritability, mood changes, facial swelling, or insomnia

