



GREEN ZONE

Doing *well*.

- No coughing, wheezing, chest tightness, shortness of breath during the day or night
- Can go to school and play

**PREVENT** asthma symptoms every day:

- Take my controller medicines (above) every day
- Before exercise, take \_\_\_\_\_ puff(s) of \_\_\_\_\_
- Avoid triggers that make my asthma worse (See above)

YELLOW ZONE

Be *careful*.

- Coughing, wheezing, chest tightness, shortness of breath
- Waking at night due to asthma symptoms
- Can do some, but not all, usual activities
- Runny nose, watery eyes

**CAUTION.** Continue taking my controller medicines every day.

- Take \_\_\_\_\_ puffs or \_\_\_\_\_ nebulizer treatment(s) of quick relief medicine. If I am not back in the **Green Zone** within one hour, then I should:
- Continue using quick relief medicine every 4 hours as needed. Call provider if not improving in \_\_\_\_\_ days.
- Increase \_\_\_\_\_
- Add \_\_\_\_\_

RED ZONE

Ask for *help*.

**MEDICAL ALERT! Get help!**

- Take quick-relief medicine: \_\_\_\_\_ puffs every \_\_\_\_\_ minutes and get help immediately.
- Take \_\_\_\_\_
- Call \_\_\_\_\_