

**GREEN ZONE: Doing Well**

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

And, if a peak flow meter is used, Peak flow: more than \_\_\_\_\_  
 (80% or more of my best peak flow)  
 My best peak flow is: \_\_\_\_\_

**Take these Long-Term-Control Medicines each day (includes an anti-inflammatory)**

Medicine	How much to take	When to take it

Before exercise  \_\_\_\_\_  2 or  4 puffs 5 to 60 minutes before exercise

**YELLOW ZONE: Asthma Is Getting Worse**

- 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)



**ADD:** Quick-Relief Medicine - and keep taking your **GREEN ZONE** medicine  
 \_\_\_\_\_  2 or  4 puffs, every 20 minutes for up to 1 hour  
 (short-acting beta<sub>2</sub>-agonist)  Nebulizer, once



If your symptoms (and peak flow, if used) **return** to GREEN ZONE after 1 hour of above treatment:  
 Take the quick-relief medicine every 4 hours for 1 to 2 days.  
 Double the dose of your inhaled steroid for \_\_\_\_\_ (7-10) days.

- OR -

- OR -

If your symptoms (and peak flow, if used) **do not return** to GREEN ZONE after 1 hour of above treatment:  
 Take: \_\_\_\_\_  2 or  4 puffs or  Nebulizer  
 (short-acting beta<sub>2</sub>-agonist)  
 Add: \_\_\_\_\_ mg. per day For \_\_\_\_\_ (3-10) days  
 (oral steroid)  
 Call the doctor within \_\_\_\_\_ hours after taking the oral steroid.

**RED ZONE: Medical Alert!**

- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or get worse after 24 hours in Yellow Zone

Peak flow: less than \_\_\_\_\_ (50% of my best peak flow)

- OR -

**Take this medicine:**

- \_\_\_\_\_  4 or  6 puffs or  Nebulizer  
 (short-acting beta<sub>2</sub>-agonist)
- \_\_\_\_\_ mg.  
 (oral steroid)

Then call your doctor **NOW!** Go to the hospital or call for an ambulance if:  
 You are still in the red zone after 15 minutes AND  
 You have not reached your doctor.

**DANGER SIGNS!**

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue



• Take  4 or  6 puffs of your quick-relief medicine **AND**  
 • Go to the hospital or call for an ambulance ( \_\_\_\_\_ ) **NOW!**