

ASTHMA ZONES FOR MANAGEMENT

GREEN ZONE: ALL CLEAR



- Breathing is good
- No coughing or wheezing
- Sleep through the night
- Can work and play
- Peak Flow:
From _____ to _____

GREEN ZONE MEANS

- Your symptoms are under control
- Continue taking your medications as ordered
- Continue activity as tolerated
- Keep all physician appointments

YELLOW ZONE: CAUTION



If you have any of the following signs and symptoms:

- First signs of a cold
- Exposure to known trigger
- Cough
- Mild wheeze
- Tight chest
- Coughing at night
- Peak flow:
From _____ to _____

YELLOW ZONE MEANS

Your symptoms may indicate that you need an adjustment of your medications. **Please bring your medications whenever you go to your doctor or to the hospital.**

Please call your physician:

Name: _____

Number: _____

Appointment: _____

Instructions: _____

RED ZONE: MEDICAL ALERT



Your asthma is getting worse fast if your:

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Speech is impaired
- Peak flow reading is below:

RED ZONE MEANS

This indicates that you need to be evaluated by a physician right away.

Call your physician immediately.

Name: _____

Number: _____

It's important! If you cannot contact your doctor, go directly to the emergency room. DO NOT WAIT.