

# KNOW YOUR ASTHMA ZONES



## BREATHING IS GOOD

**SIGNS:** No cough, wheeze, chest tightness or shortness of breath during day or night. Can work, play, sleep.

**ACTION:** Take your long-term control medicine daily. You may need quick-relief medicine before you exercise.



## BREATHING IS GETTING WORSE

**SIGNS:** Cough, wheeze, chest tightness or shortness of breath during day or night. Can do some activities.

**ACTION:** Take your green zone medicine daily and add your quick-relief medicine. If you do not return to the green zone after one hour of treatment, refer to your asthma action plan and call your doctor. Using a rescue inhaler more often is a sign of worsening asthma.



## BREATHING IS DIFFICULT

**SIGNS:** You have *any* of these symptoms: Breathing is hard and fast. Nose opens wide. Ribs show. Can't talk well. Can't do normal activities. Medicine is not helping.

**ACTION:** CALL YOUR DOCTOR NOW. Go to the hospital or call an ambulance if you are still in the red zone after taking medicines as instructed by your doctor.



Asthma and Allergy  
Foundation of America  
**AAFA.org**

# Take Steps to Prevent Food Allergy Reactions

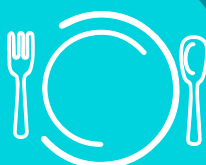
The best way to prevent food allergy reactions is to avoid accidental contact with your food allergens. Even traces can cause a severe allergic reaction, known as anaphylaxis (anna-fih-LACK-sis).



Read food labels every time you buy a product.



Wash your hands with soap and water before handling food.



Prepare and serve allergy-safe food with separate, clean utensils and surfaces.



Ask about ingredients in food prepared by someone else.



**KIDS WITH  
FOOD ALLERGIES**  
A Division of the Asthma and Allergy  
Foundation of America



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[KidsWithFoodAllergies.org](http://KidsWithFoodAllergies.org)