

**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 flow is used,

Peak flow: more than \_\_\_\_\_  
(80% or more of my best peak flow)

My best peak flow is: \_\_\_\_\_

**Taking These Long-Term-Control Medicines Each Day (These are anti-inflammatory medicines)**

Medicine	How much to take	When to take

**Before exercise**

X  Albuterol \_\_\_\_\_ 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



**Add: Quick-Relief Medicine – and keep taking your GREEN ZONE medicine**

\_\_\_\_\_ Albuterol \_\_\_\_\_ 2 or 4 puffs, every 20 minutes for up to 1 hour  
(short-acting beta<sub>2</sub>-agonist)



**If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:**

- X Take the quick-relief medicine (albuterol) as needed every 4-6 hours for 1 to 3 days.
- Double the dose of your inhaled steroid for   7   days.

-Or-

Peak flow: \_\_\_\_\_ to \_\_\_\_\_  
(50% - 80% of my best peak flow)

-Or-

**If your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:**

- X Take: \_\_\_\_\_ Albuterol \_\_\_\_\_ 2 or 4 puffs every 4-6 hours or  Nebulizer
- Double the dose of your inhaled steroid for   7   days.

Add:   Prednisone / Prednisolone   \_\_\_\_\_ mg each morning for   5   days  
(oral steroid)

X Call the doctor within   24-72   hours.

**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

**Take this Medicine:**

X \_\_\_\_\_ Albuterol \_\_\_\_\_ 4 or 6 puffs or  Nebulizer  
(short-acting beta<sub>2</sub>-agonist)

\_\_\_\_\_ Prednisone / Prednisolone \_\_\_\_\_ mg  
(oral steroid)

-Or-

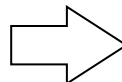
Peak flow: less than \_\_\_\_\_  
(50% of my best peak flow)

**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 (albuterol) AND
- Go to the hospital or call for an ambulance (   911   ) NOW!