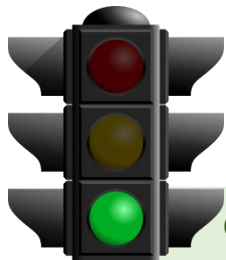




# Spotting Asthma Symptoms



**GO! Green Zone**



Normal activity

**Encourage healthy play, keep an eye out for triggers, and give controller medicines listed in Asthma Action Plan as prescribed**

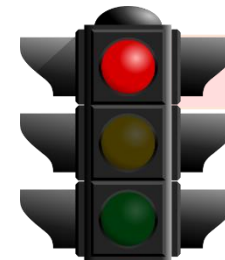


**SLOW! Yellow Zone**



Coughing  
Wheezing  
Shortness of breath  
Chest pain or tightness

**Give rescue medicines listed in Asthma Action Plan and monitor for 30 minutes**



**STOP! Red Zone**



Blue or grey lips or nails  
Retractions in the neck or ribs  
Trouble walking or talking  
No response  
Symptoms worsen after treatment

**CALL 911!**