

Breathing is good.
You're doing well!

greenzone

Take these medicines to control your asthma:

Medicine	How much	When

Avoid things that make your asthma worse:

yellowzone

Trouble breathing.
Slow Down!

Take these medicines to get your asthma under control:

Medicine	How much	When	How long

Continue “green ZONE” controller medicines

Use a spacer with _____

If symptoms do not improve within _____ hours, call your doctor/nurse for advice. Your doctor/nurse may need to change the plan.

Breathing hard and fast.
Take action right away!

redzone

Take these medicines now AND then call your doctor/nurse right away!

Medicine	How much	How long

Go to the emergency room or call 911 if any of these happen:

- Lips or fingernails are blue
- You are struggling to breathe
- You do not feel any better 15 minutes after taking the red zone medicines and you have not reached your doctor/nurse

Contact your doctor/nurse within two days
of an emergency room visit or hospitalization.

redzone

yellowzone

greenzone

ALL MEDICINES I AM TAKING
(include non-asthma related prescriptions)

Medicine	Reason	Dosage

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Name: _____
Date of birth: _____
Address: _____
Emergency contact: _____
Phone: _____
Doctor/nurse: _____
Phone: _____
Your personal best peak flow: _____
Allergies: _____