

Asthma

Green Zone

I AM DOING WELL TODAY (80 to 100% Peak Flow)



Usual level of activity and exercise





Sleeping well at night




No coughing, wheezing, chest tightness or shortness of breath

Instructions:

Continue meds as directed 

Continue regular exercise/diet plan 

Avoid tobacco product use and other inhaled irritants 

Yellow Zone

CAUTION! ASTHMA IS GETTING WORSE (50 to 80% Peak Flow)



Waking up at night due to asthma



Can do some, but not all, usual activities



Coughing, wheezing, chest tightness or shortness of breath




Using quick relief inhaler or nebulizer more often



My medicine is not helping


Instructions:

Continue meds as directed 

 Use quick relief inhaler as directed

 Use oxygen as prescribed

 Avoid secondhand smoke, e-cigarette aerosol and other inhaled irritants

 Call your doctor if symptoms do not improve today

Red Zone

MEDICAL ALERT! (50% or Lower Peak Flow)



Not able to be active or sleep due to shortness of breath



Severe shortness of breath even at rest



Quick relief medications have not helped



Symptoms are the same or get worse after 24 hours in Yellow Zone



If in severe distress, seek medical care or call 9-1-1 right away!