



# Green means GO

## Green Zone

Peak Flow \_\_\_\_\_ to \_\_\_\_\_  
(80% - 100% of personal best)



“Go” indicators:

- No signs of asthma
- Be able to do normal activities
- No problems while sleeping

Take Preventive Medications **EVERY DAY**  
(including albuterol MDI for exercise)

Medication	How Much	When
_____	_____	_____
_____	_____	_____
_____	_____	_____

Avoid YOUR Asthma Triggers

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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# Yellow means WARNING

## Yellow Zone

Peak Flow \_\_\_\_\_ to \_\_\_\_\_  
(50% - 80% of personal best)



Early warning signs:

- Coughing
- Wheezing
- Tightness of chest
- Shortness of breath
- Unable to sleep at night due to above symptoms
- \_\_\_\_\_
- \_\_\_\_\_

**1** Take your “Quick Relief” Medication

MEDICATION	HOW MUCH	WHEN
Albuterol (Proventil or Ventolin)	_____	_____ per hour

**2** Repeat Peak Flow 15 minutes after taking “Quick Relief” Medication

If you are not having any signs of asthma and your peak flow is in the **green zone**, *keep taking your green zone medications.*

CALL YOUR DOCTOR (ph# \_\_\_\_\_):

- If you still have signs of asthma after STEP 1, or if your peak flow is still in the yellow zone.
- You need “quick relief” medications sooner than every four (4) hours.
- You need “quick relief” medications every four (4) hours for more than 24 hours.

# Red means EMERGENCY

## Red Zone

Peak Flow \_\_\_\_\_ to \_\_\_\_\_  
(below 50% of personal best)



Late warning signs:

- A lot of difficulty breathing
- Trouble talking (can't say 5 words without taking a breath)
- Trouble walking less than 2 blocks or 1 flight of stairs
- Constant coughing
- Use neck and stomach muscles to breathe
- “Quick relief” medications don't help
- Lips or nails blue

**1** Take your “Quick Relief” Medication

MEDICATION	HOW MUCH	WHEN
Albuterol (Proventil or Ventolin)	_____	_____ every 20 minutes

**2** Repeat Peak Flow in 5 minutes

- If peak flow is over \_\_\_\_\_, and you feel better, you are now in the **yellow zone**.
- **CALL YOUR DOCTOR** (ph# \_\_\_\_\_) and ask what to do next.
- If you are unable to blow your peak flow, or if your peak flow is \_\_\_\_\_, or less, or you are having late warning signs...you are still in the **red zone** and you **MUST** see a doctor!
- **GO TO THE EMERGENCY ROOM OR CALL 911.**