

Name: Date:

Emergency Contact: Relationship:

Cell Phone: Work Phone:

Healthcare Provider: Phone Number:

Personal Best Peak Flow:

GREEN ZONE:

Doing well

- ✓ No coughing, wheezing, chest tightness or difficulty breathing
- ✓ Can work, play, exercise and perform usual activities without symptoms

OR

Peak flow

to

(80% to 100% of personal best)



Take these medicines every day for control and maintenance:

Medicine	How much to take	When and how often

YELLOW ZONE:

Caution/Getting Worse

- ✓ Coughing, wheezing, chest tightness, or difficulty breathing
- ✓ Symptoms with daily activities, working, playing and exercise
- ✓ Nighttime awakenings with symptoms

OR

Peak flow

to

(50% to 80% of personal best)



CONTINUE your Green Zone medicines PLUS take these quick-relief medicines:

Medicine	How much to take	When and how often

Call your doctor if you have been in the Yellow Zone for more than 24 hours. Also call your doctor if:

RED ZONE:

Alert

- ✓ Difficulty breathing, coughing and wheezing not helped with medication
- ✓ Trouble walking or talking due to asthma symptoms
- ✓ Not responding to quick-relief medication

OR

Peak flow is less than

(50% of personal best)



For extreme trouble breathing/shortness of breath, **GET IMMEDIATE HELP!**

Take these quick-relief medicines:

Medicine	How much to take	When and how often

Call your doctor NOW. Go to the hospital/emergency department or CALL for an ambulance NOW.