Doing well.  

**GREEN ZONE**
- No coughing, wheezing, chest tightness, shortness of breath during the day or night
- Can go to school and play

**PREVENT** asthma symptoms every day:
- Take my controller medicines (above) every day
- Before exercise, take ____ puff(s) of _________
- Avoid triggers that make my asthma worse (See above)

**CAUTION.** Continue taking my controller medicines every day.
- Take ____ puffs or ____ nebulizer treatment(s) of quick relief medicine. If I am not back in the Green Zone within one hour, then I should:
  - Continue using quick relief medicine every 4 hours as needed. Call provider if not improving in ________ days.
  - Increase __________________
  - Add _______________________

Be careful.  

**YELLOW ZONE**
- Coughing, wheezing, chest tightness, shortness of breath
- Waking at night due to asthma symptoms
- Can do some, but not all, usual activities
- Runny nose, watery eyes

**MEDICAL ALERT! Get help!**
- Take quick-relief medicine: _____ puffs every ____ minutes and get help immediately.
- Take ____________________________
- Call ______________________________

Ask for help.  

**RED ZONE**
- Very short of breath
- Continual coughing
- Skin between ribs is pulling inwards
- Difficulty speaking without running out of breath
- Quick-relief medicines have not helped
- Symptoms same or worse after 48 hours in Yellow Zone

If skin, fingernail or lip color is blue at any time:

**Call 911 for help or go to the nearest Emergency Department**