

ASTHMA

UNDER 12

Take this sheet to your next visit and fill out with your provider.

| | |
|----------------------|----------------------------|
| PATIENT NAME: | DOB: |
| DATE: | PRESCRIBER PHONE #: |

✓ WHEN INDICATED, USE A SPACER WITH YOUR INHALERS.

GREEN ZONE

GOOD TO GO!
No asthma symptoms – able to go to school, play, and sleep without having symptoms like cough.

Avoid known triggers:

PEAK FLOW Greater than: (80% or more of my best peak flow)

| | Medicine | Amount | How often |
|--|----------|--------|-----------|
| 1. Take controller medicines every day | | | |
| 2. Take these medicines prescribed by the doctor (i.e. antihistamines & nasal sprays) | | | |
| 3. Take this medicine 15 minutes before exercise (prime it first, if needed) | | | |

YELLOW ZONE

CAUTION!
Asthma symptoms such as coughing, wheezing, shortness of breath or chest tightness may be occurring.

If not better in 24-48 hours, call your doctor or nurse.

PEAK FLOW to (50% to 79% or more of my best peak flow)

Reminder: Keep taking your **Green Zone** medicine

Signs you are in the Yellow Zone: Waking at night due to wheeze or cough more than twice a month | Can't do every-day activities | Using quick relief medicine more than twice a week (excluding use before exercise)

| | Medicine | Amount | How often |
|--|----------|--------|-----------|
| 1. Start rescue medicine (prime it first, if needed) | | | |
| 2. If not improving or symptoms worsen, increase or add the following | | | |

RED ZONE

DANGER!
Asthma symptoms may be severe or not responding to yellow zone treatments.

PEAK FLOW Less than: (50% of my best peak flow)

Signs you are in the Red Zone: Severe shortness of breath, fast and hard breathing, and non-stop coughing | The skin may be pulling between the ribs or around the neck

| | Medicine | Amount | How often |
|---|----------|--------|-----------|
| 1. Increase rescue medicine | | | |
| 2. Notify your prescriber's office while administering the treatments Call 911 if unable to talk to a doctor or nurse right away. OR Go to the nearest emergency room. | | | |