DANGER!

Look For These Signs
- Very short of breath
- Hard time walking or talking
- Skin around neck or between ribs pulls in
- Quick relief medicine not helping

What You Should Do
- Get help now
- Take a nebulizer treatment
  OR
- Take 4 puffs of quick relief medicine now
  CALL YOUR DOCTOR OR NURSE NOW!
OR
- Go to the Emergency Room or Call 911

GOOD!

Look For These Signs
- No cough, wheeze, or difficulty breathing
- Can sleep through the night
- Can do regular activities

What You Should Do
- Take your DAILY CONTROLLER MEDICINE
- Exercise regularly
- Medicine to take before exercise:
- Avoid your triggers:
  Tobacco smoke

Notes:
- If not better in 24-48 hours, call your doctor or nurse!
- If at school, call parent

YELLOW ZONE

CAUTION!

Look For These Signs
- Cough, wheeze, short of breath
- Waking at night due to wheeze or cough more than 2 times a month
- Can’t do regular activities
- Using quick relief medicine more than 2 times a week (not counting use before exercise)

What You Should Do
- Keep taking your daily controller medicine
- Begin using QUICK RELIEF MEDICINE every 4-6 hours as prescribed (Prime it first, if needed)
- Notes:

RED ZONE

DANGER!

Look For These Signs
- Very short of breath
- Hard time walking or talking
- Skin around neck or between ribs pulls in
- Quick relief medicine not helping

What You Should Do
- Get help now
- Take a nebulizer treatment
  OR
- Take 4 puffs of quick relief medicine now

CALL YOUR DOCTOR OR NURSE NOW!
OR
- Go to the Emergency Room or Call 911

PEAK FLOW less than