**GREEN ZONE: Doing Well**

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

**Take These Long-Term Control Medicines Each Day**

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<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
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Before exercise, take

**YELLOW ZONE: Asthma Is Getting Worse**

- Cough, wheeze, chest tightness, or shortness of breath or
- Waking at night due to asthma or
- Can do some, but not all, usual activities

**Add Quick-Relief Medicine and Keep Taking Your GREEN ZONE Medicine**

- (short-acting β₂-agonist)
- 2 or 4 puffs, every 20 minutes for up to 1 hour
- Nebulizer, once

If your symptoms (and peak flow, if used) *return to the GREEN ZONE* after 1 hour of above treatment:

- Continue monitoring to be sure you stay in the green zone.

**RED ZONE: Medical Alert!**

- Very short of breath or
- Quick-relief medicines have not helped or
- Cannot do usual activities or
- Symptoms are the same or worse after 24 hours in YELLOW ZONE

**Take This Medicine:**

- (short-acting β₂-agonist) 4 or 6 puffs or Nebulizer
- (oral steroid) mg

**Call your doctor NOW.** Go to the hospital or call for an ambulance if:

- You are still in the RED ZONE after 15 minutes AND
- You have not reached your doctor

**DANGER SIGNS**

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue

- Take 4 or 6 puffs of your quick-relief medicine AND
- Go to the hospital or call for an ambulance ( ) NOW!

*People who should have a copy of my A.S.M.A. plan: spouse, school nurse, coworkers, babysitter, family members/friends.*

Your Asthma Control Goals

Asthma control: What can it mean for you?

The goals of asthma treatment are to help you:

■ Experience relief from asthma symptoms, such as wheezing, coughing, shortness of breath, and chest tightness
■ Need a fast-acting inhaler fewer than 2 times a week
■ Sleep through the night and not wake up because of asthma symptoms
■ Go to work or school and not have to miss days because of asthma
■ Join in activities, including sports and exercise
■ Avoid unscheduled doctor, emergency room, or urgent-care visits

Tips to help control your asthma

Your health:

■ Take your asthma medicines as your doctor recommends, even when you feel well.
■ Do not take over-the-counter cold medicines without talking to your doctor or pharmacist first.
■ Avoid people with colds or flu as much as possible and talk to your doctor about getting a flu shot every year.

Where you live, work, or go to school:

■ Keep your HOUSE clean of dust and molds.
■ Avoid cigar and cigarette SMOKE as much as possible.
■ Avoid strong ODORS, such as paint, perfume, and hair spray.
■ Wear a scarf or a COLD AIR mask over your mouth when it’s cold outside.

In addition, if you have allergies:

■ Wash blankets and sheets once a week in HOT WATER.
■ Wash clothing and stuffed toys in HOT WATER.
■ Keep PETS out of the bedroom and wash pets weekly.
■ Avoid going outside if the POLLEN COUNT is high.
■ Cover mattress and pillows with airtight PLASTIC COVERS.