<table>
<thead>
<tr>
<th>Medicine</th>
<th>How much to take</th>
<th>When and how often</th>
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**GREEN ZONE:**

**Doing Well**
- You have no coughing, wheezing, chest tightness, or difficulty breathing.
- You can play, exercise, work, and do all your other usual activities without asthma symptoms.

**YELLOW ZONE:**

**Caution/Getting Worse**
- You have asthma symptoms of coughing, wheezing, chest tightness, or difficulty breathing during the day or night.
- You have asthma symptoms when you play, exercise, work, or do other activities.

**RED ZONE:**

**Alert- your asthma is getting worse fast!**
- You have severe asthma symptoms of coughing, wheezing, chest tightness, or difficulty breathing that does not go away with albuterol.
- You have trouble walking or talking due to asthma symptoms.
- You are breathing hard and fast
- Your nose opens wide or your ribs show when you breathe.
- Your lips or fingers turn blue or you are confused (in this case, call 9-1-1).

Developed as a part of the CHAMPS program.