

Child Name: \_\_\_\_\_ Clinic Daytime Telephone #: \_\_\_\_\_  
 Doctor/Nurse: \_\_\_\_\_ Clinic After Hours Telephone #: \_\_\_\_\_  
 Start Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



**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.

**Take these daily controller medicines:**

Medicine	How much to take	When and how often

Before play, sports or exercise:

Medicine	How much to take	When and how often

**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.

**CONTINUE CONTROLLER MEDICINES; ADD QUICK-RELIEF MEDICINE:**

Medicine	How much to take	When and how often

**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).

**GIVE MEDICINE BELOW AND CALL US IMMEDIATELY. IF YOU CANNOT REACH YOUR DOCTOR OR NURSE IMMEDIATELY, PROCEED TO THE EMERGENCY DEPARTMENT. DO NOT WAIT!**

Medicine	How much to take	When and how often