

Child Name: _____ Clinic Daytime Telephone #: _____
 Doctor/Nurse: _____ Clinic After Hours Telephone #: _____
 Start Date: ____/____/____



GREEN ZONE: Take these daily controller medicines:

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.

Medicine	How much to take	When and how often

Before play, sports or exercise:

Medicine	How much to take	When and how often
Albuterol (Ventolin/Xopenex/ProAir/Proventil)	2 puffs with spacer or one vial by nebulizer	<ul style="list-style-type: none"> 5-20 minutes before exercise

YELLOW ZONE: CONTINUE CONTROLLER MEDICINES; ADD QUICK-RELIEF MEDICINE:

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.

Medicine	How much to take	When and how often
Albuterol (Ventolin/Xopenex/ProAir/Proventil)	Give 2 puffs with spacer or one vial by nebulizer	<ul style="list-style-type: none"> If you feel better, use albuterol every 4 hours as needed. Call the study clinic if albuterol is needed more often than every 4 hours or if you stay in the yellow zone for more than 24 hours. If unable to reach the study clinic, go to the nearest Emergency Department.

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

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).

Medicine	How much to take	When and how often
Albuterol (Ventolin/Xopenex/ProAir/Proventil)	Immediately give 4 puffs with spacer or 2 vials at once by nebulizer	<ul style="list-style-type: none"> Do this once and call study clinic right away. If you feel better, repeat albuterol treatment in 20 minutes while calling us. If not better after first dose, call 9-1-1 or go to nearest Emergency Department.
Prednisone/Prednisolone	Take as instructed by Clinician	<ul style="list-style-type: none"> Call the study clinic before using this medicine.