

## Asthma Zones for Management

Name: \_\_\_\_\_ Date: \_\_\_\_\_

<b>GREEN ZONE = ALL CLEAR</b>	<b>GREEN ZONE MEANS</b>
<p>YOUR GOAL PEAK FLOW:</p> <ul style="list-style-type: none"> <li>▪ Peak flows are 80-100% of your best number.</li> <li>▪ No symptoms exist.</li> <li>▪ You can do usual activities.</li> <li>▪ Usual medications control asthma.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your symptoms are under control.</li> <li>▪ Continue taking your controller medications as ordered _____</li> <li>▪ Continue monitoring peak flow.</li> <li>▪ Keep all physician appointments.</li> </ul>
<b>YELLOW ZONE = CAUTION</b>	<b>YELLOW ZONE MEANS</b>
<ul style="list-style-type: none"> <li>▪ Peak flow is 50-80% of personal best.</li> <li>▪ Asthma symptoms increase, such as coughing, waking at night, wheezing, shortness of breath, tightness in chest, breathing faster and/or pale skin color.</li> </ul> <p><b>Call your physician if you are in the YELLOW zone most days. This is not where you should be every day.</b></p>	<ul style="list-style-type: none"> <li>▪ Your symptoms may indicate that you need an adjustment of your medications.</li> <li>▪ Eliminate triggers.</li> <li>▪ Stop strenuous exercise.</li> <li>▪ Add reliever medication: _____</li> <li>▪ If you have no relief, continue with _____</li> </ul>
<b>RED ZONE = MEDICAL ALERT</b>	<b>RED ZONE MEANS</b>
<ul style="list-style-type: none"> <li>▪ Peak flow is less than 50% of personal best.</li> <li>▪ Very short of breath</li> <li>▪ Extreme difficulty breathing</li> <li>▪ Usual activities severely limited</li> <li>▪ Difficulty walking and talking due to shortness of breath</li> <li>▪ Respiratory effort increased, skin between neck and ribs pulls in with breathing</li> <li>▪ Skin color is pale or gray</li> <li>▪ Fingernails or lips are blue</li> </ul> <p><b>Call your physician immediately if you are going into the RED zone</b></p>	<ul style="list-style-type: none"> <li>▪ <b>You need to be evaluated by a physician right away.</b></li> <li>▪ Take reliever medication.</li> </ul> <p><b>Call your physician right away.</b> Physician: _____ Number: _____</p> <p>If you have not reached your physician in ____ minutes, go to the nearest emergency room. Call 911 if necessary.</p>