

Asthma Zones for Management

Green Zone: All Clear

Your Goal Peak Flow:

- Peak flows are 80- to 100-percent of your best number
- No symptoms
- Able to do usual activities
- Usual medications control asthma

Green Zone Means:

- Your symptoms are under control
- Continue taking your controller medications as ordered
- _____
- _____
- Continue monitoring peak flow
- Keep all physician appointments

Yellow Zone: Caution

If you have any of the following signs and symptoms:

- Peak flow 50- to 80-percent of personal best
- Increased asthma symptoms (coughing, waking at night, wheezing, shortness of breath, tightness in chest, breathing faster, pale skin color)

☞ **Call your physician if you are in the YELLOW zone most days. This is not where you should be every day.**

Yellow Zone Means:

- Your symptoms may indicate that you need an adjustment of your medications
- Eliminate triggers
- Stop strenuous exercise
- Add reliever medication:
- _____
- If no relief, continue with:
- _____

Red Zone: Medical Alert

- Peak flow less than 50% of personal best
- Very short of breath
- Extreme difficulty breathing
- Usual activities severely limited
- Difficulty walking and talking due to shortness of breath
- Respiratory effort increased, skin between neck and ribs pulls in with breathing
- Skin color is pale or gray
- Fingernails or lips are blue

☞ **Call your physician immediately if you are going into the RED zone**

Red Zone Means:

This indicates that you need to be evaluated by a physician right away

- Take reliever medication

☞ **Call your physician right away**

Physician: _____

Number: _____

If you have not reached your physician in ___ minutes, go to the nearest emergency room. Call 911 if necessary.

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