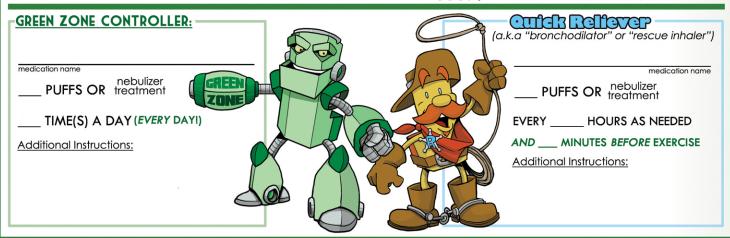
## ASTICKA AGTION PLANT

Talk to your doctor about your Asthma Action Plan so you know how to manage and control your asthma.

## GREEN ZONE

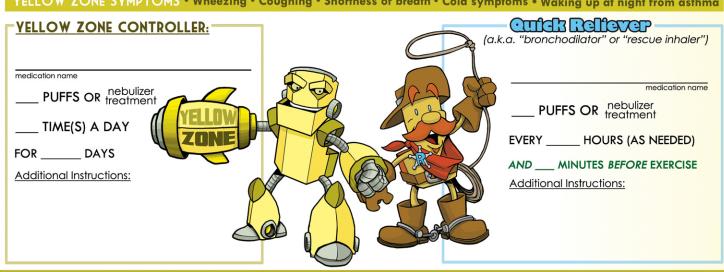
WHEN YOU'RE FEELING GOOD, YOU'RE IN THE GREEN ZONE!

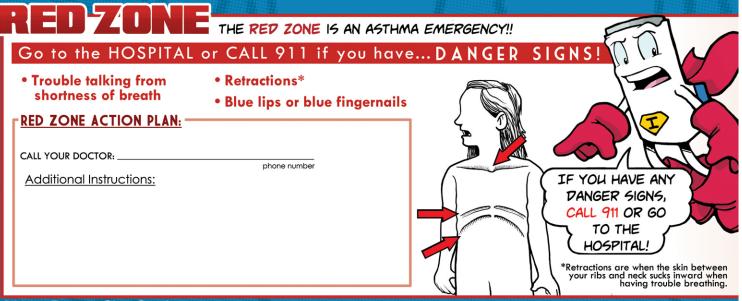


YELLOW-ZONE F

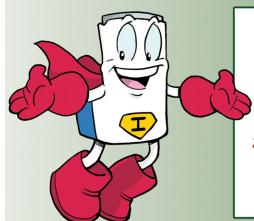
IF YOUR ASTHMA GETS WORSE, YOU'RE IN THE YELLOW ZONE!!

YELLOW ZONE SYMPTOMS • Wheezing • Coughing • Shortness of breath • Cold symptoms • Waking up at night from asthma





## So, how does your Asthma Action Plan work?



IN THE GREEN ZONE, YOUR ASTHMA IS NOT GETTING IN THE WAY OF REGULAR ACTIVITIES. FOR MANY KIDS IT'S STILL IMPORTANT TO BE USING A GREEN ZONE PAILY CONTROLLER TO MAKE SURE YOUR ASTHMA STAYS UNDER CONTROL!

WHETHER YOU'RE IN THE GREEN, YELLOW OR RED ZONE, IT'S IMPORTANT TO TAKE YOUR QUICK RELIEVER (BRONCHOPILATOR) FOR SYMPTOMS LIKE COUGH, WHEEZING, OR SHORTNESS OF BREATH! YOU CAN ALSO USE IT BEFORE EXERCISE!

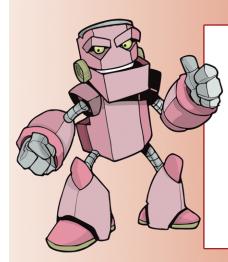
HR HHN

YOU'RE IN THE YELLOW ZONE IF YOUR SYMPTOMS ARE GETTING WORSE DURING THE DAY OR IF YOU ARE HAVING SYMPTOMS AT NIGHT. THESE CAN BE SIGNS OF A FLARE!

EXPOSURES TO A TRIGGER (LIKE AN ALLERGEN OR GETTING A COLP) CAN ALSO PUT YOU IN THE YELLOW ZONE. MANY KIPS NEED TO STEP-UP TO A MORE POWERFUL YELLOW ZONE CONTROLLER TO FIGHT THE FLARE!

WHETHER YOU'RE IN THE GREEN, YELLOW OR RED ZONE,
IT'S IMPORTANT TO TAKE YOUR QUICK RELIEVER
(BRONCHOPILATOR) FOR SYMPTOMS LIKE COUGH,
WHEEZING, OR SHORTNESS OF BREATH!
YOU CAN ALSO USE IT BEFORE EXERCISE!





THE **RED ZONE** IS AN **ASTHMA EMERGENCY!!** IT'S WHEN YOU'RE VERY SHORT OF BREATH, YOUR RESCUE INHALER ISN'T HELPING, OR IF THE YELLOW ZONE CONTROLLER ISN'T HELPING AFTER 24 HOURS!

WORK WITH YOUR DOCTOR TO MAKE A RED ZONE PLAN, SO YOU KNOW WHAT TO DO IF YOUR ASTHMA GETS BAD!

KNOW THE PANGER SIGNS OF ASTHMA!

AND MAKE SURE TO KNOW YOUR TRIGGERS!