ASTHMA ACTION PLAN!
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!

GREEN ZONE CONTROLLER:

medication name

___ PUFFS OR nebulizer treatment

___ TIME(S) A DAY (EVERY DAY!)

Additional Instructions:

Quick Reliever
(a.k.a. “bronchodilator” or “rescue inhaler”)

medication name

___ PUFFS OR nebulizer treatment

EVERY _____ HOURS AS NEEDED
AND ___ MINUTES BEFORE EXERCISE

Additional Instructions:

YELLOW ZONE
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

YELLOW ZONE CONTROLLER:

medication name

___ PUFFS OR nebulizer treatment

___ TIME(S) A DAY
FOR _____ DAYS

Additional Instructions:

Quick Reliever
(a.k.a. “bronchodilator” or “rescue inhaler”)

medication name

___ PUFFS OR nebulizer treatment

EVERY _____ HOURS (AS NEEDED)
AND ___ MINUTES BEFORE EXERCISE

Additional Instructions:

RED ZONE
The RED ZONE is an asthma emergency!!

Go to the HOSPITAL or CALL 911 if you have... DANGER SIGNS!

• Trouble talking from shortness of breath
• Retractions*
• Blue lips or blue fingernails

RED ZONE ACTION PLAN:

CALL YOUR DOCTOR: __________________________ phone number

Additional Instructions:

IF YOU HAVE ANY DANGER SIGNS, CALL 911 OR GO TO THE HOSPITAL!

*Retractions are when the skin between your ribs and neck sinks inward when having trouble breathing.
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 daily 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 (bronchodilator)** for symptoms like cough, wheezing, or shortness of breath! You can also use it before exercise!

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 cold) can also put you in the **yellow zone**. Many kids 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 (bronchodilator)** 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 **danger signs of asthma**!

And make sure to know your **triggers**!