Asthma Action Plan

Asthma Web Site: www.childrensmercy.org/asthma

7127-090 MR 09/11

Red = Stop
Yellow = Slow Down
Green = Feel Good!

Asthma Severity:          Asthma Control:

Quick Reliever – Use as needed in Green, Yellow, or Red zones for cough, wheeze, or problems breathing.

Green Zone
- Breathing is easy
- No cough or wheeze
- Able to work or play
- Able to sleep at night

If a controller is needed, use it every day to feel good.

Find your asthma triggers and avoid them. If you can not avoid your triggers, go to Yellow Zone as soon as possible.

My triggers are: 

* Second hand smoke is harmful to children.

Yellow Zone
- First sign of a cold
- Contact with a trigger
- Problems breathing
- Cough or wheeze

Take this medicine for 1-2 weeks, then return to Green Zone.

Red Zone
- Sinking in at ribs and neck
- Hard to talk or walk
- Cough or wheeze
- Hard to breathe out

Take this medicine and continue Green Zone and Yellow Zone.

ALWAYS call the provider at , or the Children's Mercy nurse line at (816) 234-3188, or seek medical attention at the closest emergency room. Call 911 if lips or fingernails are blue.

Comments/
Follow-Up:

STAFF USE ONLY: