



GREEN ZONE

Feel Great
No cough or wheeze
Can play
Can sleep



If listed below: Use Controller everyday to prevent asthma symptoms.

USE QUICK RELIEVER AS NEEDED

QUICK RELIEVER—Use as needed to stop asthma symptoms: cough, wheeze or problems breathing.

1. Asthma symptoms **NOW**: **GIVE QUICK RELIEVER**
2. If quick reliever does not work fast (in 20 minutes): **GIVE QUICK RELIEVER** again
3. If quick reliever does not work fast (in 20 minutes): **GIVE QUICK RELIEVER** again



NO Symptoms:
Go to **YELLOW ZONE**



NEXT



YES Symptoms:
Go to **RED ZONE**



MY TRIGGERS ARE:

If a cold is your trigger: Start **YELLOW ZONE** at the first sign of illness.

YELLOW ZONE

Cough or wheeze starting
First sign of a cold



Start this medicine and use for

then return to **GREEN ZONE**.

CONTINUE **GREEN ZONE** MEDICINE
USE QUICK RELIEVER AS NEEDED

RED ZONE

Sinking in at ribs or neck
Hard to talk or walk
Cough or wheeze



Start this medicine **NOW**

NEXT:
CALL YOUR PROVIDER OR GO TO EMERGENCY ROOM
CALL 911 FOR BLUE LIPS OR FINGERNAILS

PCP INFORMATION: