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| <p style="text-align: center;"><b><u>Green Zone: All Clear</u></b></p> <ul style="list-style-type: none"> <li>• Peak flows are 80- to 100-percent of your best number</li> <li>• No symptoms</li> <li>• Able to do usual activities</li> <li>• Usual medications control asthma</li> </ul>   | <ul style="list-style-type: none"> <li>• Your symptoms are controlled</li> <li>• Continue taking your asthma medications</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Continue taking your asthma medications</li> <li>• Keep all appointments</li> </ul>   |
| <p style="text-align: center;"><b><u>Yellow Zone: Caution</u></b></p> <p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none"> <li>• Peak flow 50- to 80-percent of personal best</li> <li>• Increased asthma symptoms (coughing, waking at night, wheezing, shortness of breath, tightness in chest, breathing faster, pale skin color)</li> </ul> <p> <b>Call your physician if you are in the YELLOW zone most days. This is not where you should be every day.</b></p>  | <ul style="list-style-type: none"> <li>• Your symptoms are not controlled, you may need an adjustment in your asthma treatment</li> <li>• Eliminate triggers</li> <li>• Stop strenuous activities</li> <li>• Add relief medications</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• If no relief, call your physician</li> </ul> |
| <p style="text-align: center;"><b><u>Red Zone: Medical Alert</u></b></p> <ul style="list-style-type: none"> <li>• Peak flow less than 50% of personal best</li> <li>• Very short of breath</li> <li>• Extreme difficulty breathing</li> <li>• Usual activities severely limited</li> <li>• Difficulty walking and talking due to shortness of breath</li> <li>• Respiratory effort increased, skin between neck and ribs pulls in with breathing</li> <li>• Skin color is pale or gray</li> <li>• Fingernails or lips are blue</li> </ul> <p> <b>Call your physician immediately if you are going into the RED zone</b></p> | <p>This indicates a medical emergency. Call your physician immediately.</p> <ul style="list-style-type: none"> <li>• Take relief medications</li> </ul> <p><b>• Call your physician immediately</b><br/>Number: (508) 885-1234</p> <p>If you have 5-15 minutes, go to the nearest emergency room. Call 911 if not.</p>                     |