



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