1. **Green Zone: Good Control**

Child feels good:
- Breathing is good
- No cough or wheeze
- Can work/play
- Sleeps all night

**Personal Best Peak Flow**

Peak Flow 80 to 100% of personal best: ______ to __________

**Medicine that will control your asthma -- Use Every Day**

**Daily Medicine**

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<tr>
<th>How much/When to take</th>
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**15 minutes before** sports use this medicine to prevent symptoms.

- 2 puffs with spacer

**Student may carry and use this medicine at school** (Check Box)

- Yes  
- No

**Peak flow 50 to 80% of personal best:**

- __________ to __________

2. **Yellow Zone: Be Careful**

Child has any of these:
- Cough
- Wheeze
- Tight Chest
- Wakes up at night

**Peak flow 50 to 80% of personal best:**

- __________ to __________

**Take your Daily Medicine and add this Rescue Medicine when you have breathing problems**

**Rescue Medicine**

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<tr>
<th>How much /When to take</th>
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Give medicine again in 4 to 6 hours if child keeps having breathing problems. **CALL DOCTOR IF NOT BETTER**

**Call doctor if these medicines are used more than:**

- two times a week during the day
- two times a month during the night.

3. **Red Zone: DANGER**

Child has any of these:
- Need to repeat Rescue Medicine more than every 3-4 hours
- Struggling to breathe
- Can’t walk or talk
- Lips are blue

**Peak flow less than 50% of personal best:**

- __________

**Take These Medicines Right Away and Call Doctor**

**Rescue Medicine**

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<tr>
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**Call 911** if symptoms worsening or inhaler not helping after 15 minutes, can’t walk or talk well, nostrils open wide, chest or neck pulled in or lips blue.

**Give Rescue Medicine again while waiting for the ambulance**