ASTHMA

Zones for management

Customer name: __________________

Green zone: All clear
› No cough, wheezing or shortness of breath
› No decrease in your ability to maintain your usual activities

If you smoke, consider quitting or going to smoking cessation classes

Yellow zone: Caution
› Cough, wheezing or shortness of breath
› Chest tightness
› Waking up at night short of breath
› Unable to maintain your usual activities
› Using your quick-relief or rescue medicine more than two times a week
› Feelings of hopelessness, anxiety, frustration or depression

Red zone: Medical alert
› Extreme shortness of breathing and coughing
› Unable to walk and talk
› Worsening symptoms that don’t get better after taking your quick-relief or rescue medicine

Green zone means:
› Your symptoms are under control
› Continue taking your medications as prescribed
› Carry quick-relief or rescue medicine at all times
› Keep all doctor appointments
› Avoid secondhand smoke, strong smells and smoky places

Yellow zone means:
› Take your quick-relief or rescue medications
› You need to see your doctor
› Call your doctor or the 24-hour Nurse Line at 1-866-576-8773

Name: __________________
Phone number: __________________

Red zone means:
You need to be evaluated by a doctor. Call right away.

Name: __________________
Phone number: __________________