



SYMPTOMS

ZONE

WHAT TO DO

- NORMAL ACTIVITY
- WAKING DUE TO ASTHMA NO MORE THAN 2 TIMES/ MONTH
- ASTHMA SYMPTOMS NO MORE THAN 2 TIMES/ WEEK
- PEAK FLOW _____



GREEN

CONTINUE CONTROLLER: _____

ALBUTEROL: EVERY 4 HOURS IF NEEDED

- INCREASED COUGHING, WHEEZING, & SHORTNESS OF BREATH
- WAKING DUE TO ASTHMA MORE THAN 2 TIMES/ MONTH
- PEAK FLOW _____



YELLOW

INHALER _____ PUFFS _____ TIMES A DAY

ALBUTEROL: _____ PUFFS EVERY _____ HOURS IF NEEDED

- CONTINUOUS SYMPTOMS; MEDICATIONS NOT HELPING
- WAKING FREQUENTLY DUE TO ASTHMA
- ACTIVITY LIMITED
- PEAK FLOW _____



RED

CALL DOCTOR
ALBUTEROL: _____ PUFFS EVERY _____ HOURS IF NEEDED

START PREDNISONE: _____

FOR SEVERE DISTRESS, CALL 911





CONTROLLER MEDICATIONS

_____ Inhaler _____ Puffs _____ x A Day

_____ Inhaler _____ Puffs _____ x A Day

PHYSICIAN NAME & PHONE NUMBER:

ASTHMA SELF-CARE PLAN



FOR MORE INFORMATION, CALL 1-877-3BREATH

