**Doing Well**

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

**Target Peak Expiratory Flow Rate (PEFR) should be between** 

__________ and __________

**Symptoms Present**

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

-Or-

PEFR: __________ to __________

**Medical Alert!**

- Very short of breath, or
- YELLOW ZONE medications have not helped, or
- Trouble walking and talking
- Lips or fingernails turn blue or discolored due to lack of oxygen
- Symptoms are same or get worse

-Or-

PEFR: less than __________

**Exercise**

- Prevent or reduce allergic reactions through allergen avoidance, medication or immunotherapy.

- Pre-medicate before exercise.

- Warm up and cool down 10 minutes pre and post exercise.

- Tailor exercise intensity until symptom-free.

**Use albuterol or levalbuterol—and keep taking your GREEN ZONE medication.**

- Take: ____________________________ 2 or 4 puffs

**If your symptoms or PEFR return to GREEN ZONE after 1 hour:**

- Continue monitoring to be sure you stay in the green zone.

-Or-

**If your symptoms or PEFR do not return to GREEN ZONE after 1 hour:**

- Take: ____________________________ 2 or 4 puffs or nebulizer

- Add: ____________________________ mg per day for __________ (3–10) days

- Call the doctor before/within __________ hours after taking the oral steroid.

**Call your doctor NOW.** Go to the hospital or call an ambulance if:

- You are still in the red zone after 15 minutes AND
- You have not reached your doctor.