

GREEN ZONE

GOOD!

Look For These Signs

- No cough, wheeze, or difficulty breathing
- Can sleep through the night
- Can do regular activities



What You Should Do

- Take your **DAILY CONTROLLER MEDICINE**
- Exercise regularly
- Medicine to take before exercise: _____

- Avoid your triggers:

Tobacco smoke _____

- Notes: _____

PEAK FLOW _____ — _____

YELLOW ZONE

CAUTION!

Look For These Signs

- Cough, wheeze, short of breath
- Waking at night due to wheeze or cough more than 2 times a month
- Can't do regular activities
- Using quick relief medicine more than 2 times a week (not counting use before exercise)



What You Should Do

- Keep taking your daily controller medicine
- Begin using **QUICK RELIEF MEDICINE** every 4-6 hours as prescribed (Prime it first, if needed)

- Notes: _____

- If not better in 24-48 hours, call your doctor or nurse!

- If at school, call parent

PEAK FLOW _____ — _____

RED ZONE

DANGER!

Look For These Signs

- Very short of breath
- Hard time walking or talking
- Skin around neck or between ribs pulls in
- Quick relief medicine not helping



What You Should Do

- Get help now
- Take a nebulizer treatment **OR** Take 4 puffs of quick relief medicine now

CALL YOUR DOCTOR OR NURSE NOW!

OR

Go to the Emergency Room or Call 911

PEAK FLOW less than _____

Classification:

Intermittent

Mild Persistent

Moderate Persistent

Severe Persistent

DAILY CONTROLLER MEDICINE

HOW MUCH

HOW OFTEN

Pulmicort Respules _____ times/day

Pulmicort Flexhaler _____ puffs _____ times/day

Flovent _____ puffs _____ times/day

Singulair _____ At bedtime

Asmanex _____ puffs _____ At bedtime

Symbicort 2 puffs 2 times/day

Advair _____ puffs 2 times/day

Other _____

QUICK RELIEF MEDICINE

Inhaler Nebulizer

Medicine: _____

How Much: _____

How Often: _____

Inhaler Nebulizer

Medicine: _____

How Much: _____

How Often: _____

Use Spacer



REMINDER: GET A FLU SHOT

School: _____

Phone: _____

Fax: _____

This child may carry his/her: Inhaled Asthma Medicine Yes No Epi-Pen Yes No N/A

Parent Authorizes the exchange of information about this child's asthma between the physician's office and the school nurse: Yes No

Maine law permits students to carry and use inhaled medicines and epi-pen **after** demonstrating appropriate use to the school nurse.

Please call the healthcare provider and the parent if the child is using quick relief inhaler more than 2 x per week (i.e. in excess of pre-exercise treatment)

Healthcare Provider Signature _____ Phone _____

School Nurse Signature _____

Parent Signature _____ Phone _____