

# ASTHMA: Zones for Self-Management

Patient's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Your Peak Flow Goal Is: \_\_\_\_\_

## Green Zone = All Clear



- Peak flow is 80 to 100 percent of your best number
- No symptoms
- Able to do usual activities
- Usual medications control asthma

## Green Zone Means:

- Your symptoms are under control
- Continue taking your controller medications as ordered  
\_\_\_\_\_
- Keep monitoring peak flow
- Keep all physician appointments

## Yellow Zone = Caution



- Peak flow is 50 to 80 percent of personal best
- Increased asthma symptoms (coughing, waking at night, shortness of breath, tightness in chest, fast breathing, pale skin color)

This is **NOT** where you should be every day. **CALL YOUR DOCTOR** if you are in the yellow zone most days.

## Yellow Zone Means:

- You may need an adjustment to your medication
- Eliminate triggers
- Stop strenuous exercise
- Add rescue medication: \_\_\_\_\_
- If no relief, continue with \_\_\_\_\_

## Red Zone = Medical Alert



- Peak flow is less than 50 percent of personal best
- Very short breath
- Extreme difficulty with breathing
- Usual activities severely limited
- Difficulty walking and talking due to shortness of breath
- Respiratory effort increased, skin between neck and ribs pulls with breathing
- Skin color is gray – pale fingernails or blue lips

## Red Zone Means:

- You need to be seen right away
- Take reliever medication

**CALL YOUR DOCTOR NOW!**

**Physician number:** \_\_\_\_\_

If you have not reached your doctor within \_\_\_\_\_ minutes, go to the emergency room. Call 911, if necessary.