

## Zones for Management of Asthma

### Green Zone – Great Control

- No symptoms
- No coughing, no wheezing, no chest tightness
- It is not hard to breathe
- Able to do normal daily activities



### Green Zone Means:

- You have no symptoms
- Continue taking your medication as ordered
- Keep all your appointments

### Yellow Zone = CAUTION

**If you have any of the following signs and symptoms;**

- Increased coughing
- Unable to sleep
- Wheezing
- Hard to breathe
- Tightness in chest, breathing faster

### Yellow Zone Means:

- Call your medical provider and tell them how you feel
- You need to rest
- Use emergency medication

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### Red Zone = MEDICAL ALERT

- Unable to breathe
- Unable to perform normal daily activities
- You are having trouble breathing while walking and/or talking
- You are breathing with your belly
- Change in skin, lips and/or nail color to white or blue

### Red Zone Means:

- **YOU NEED EMERGENCY CARE**
- **CALL 911 FOR AMBULANCE**



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