

Asthma stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?

Doctor/Provider: _____

Phone: _____



Green Zone

I'm feeling good.

- I am breathing well.
- I have no coughing or wheezing.
- I am sleeping well at night.
- My asthma is not causing me to miss school or work.
- My quick-relief/rescue inhaler is rarely needed.
- My peak flow is 80% to 100% of my personal best.

• _____

How I'll prevent symptoms today

I will:

- Take my daily asthma (lung) medicine as prescribed.
- Before exercise, take _____ puffs of _____.
- Keep my doctor/provider appointments.
- Practice good hand washing throughout the day.
- Avoid second hand smoke, fireplaces, and/or wood stoves.
- Avoid being outside on days with poor air quality or high pollen.
- Avoid things that make my asthma worse like:

• _____

• _____



Yellow Zone

I'm not feeling good.

- I am more breathless than usual.
- I am coughing or wheezing.
- My chest feels tight or hurts.
- I have signs of a cold or exposure to known triggers.
- I am waking up in the night with or without coughing.
- I am unable to sleep in bed because it is too difficult to breathe.
- I need to use my quick-relief/rescue inhaler more often.
- My peak flow is 50% to 80% of my personal best.

• _____

Caution!

Take action TODAY. I will:

- Continue to take my daily lung medications as prescribed **AND**
- Take the "as needed" medications prescribed for yellow/red zone symptoms.
- **Contact my doctor/provider if:**
 - I am using my quick-relief/rescue inhaler more than 2 times a week (not including exercise).
 - My symptoms have continued for more than 24 hours.
 - My symptoms have not been relieved within 20-40 minutes of using my "as needed" medication.

• _____



Red Zone

I feel awful!

- I am having a lot of trouble breathing that is not relieved by my quick-relief/rescue inhaler or other "as needed" medication.
- I am not able to eat or talk well.
- I am constantly coughing or wheezing.
- My neck or ribs move in when breathing.
- My lips or my fingernails are turning blue.
- I am not able to sleep or do my usual activities because of trouble breathing.
- My peak flow is less than 50% of my personal best.

Get help!

Take action NOW:

- **Call your doctor/provider if you are in the RED ZONE.**
- **Seek medical care RIGHT AWAY if your breathing is worsening. If you need immediate help, call 911.**
- While getting help, do this:

• _____

• _____

Asthma stoplight tool

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Use the zone stoplight tool to keep track of how you are feeling from day to day. The tool shows you actions to take on days when you're feeling good and on days when you're not feeling good. The goal is to live as many days as possible in the **Green Zone**, where you're feeling good and doing the things you want to do.

Please complete the medication list and the zone stoplight tool on the first page with your doctor or healthcare provider. Then, bring the zone stoplight tool with you every time you visit your doctor or provider so you can talk about it and update it together.

My Asthma medications

Asthma medications I take every day to stay healthy			
Name of medicine	What it does	How much to take and when to take	Other instructions
Medications I take "as needed" for yellow/red zone symptoms			
Name of medicine	What it does	How much to take and when to take	Other instructions
My personal peak flow result is:			