

Asthma Self Management Tool

Green Zone (All Clear)	Yellow Zone (Caution)	Red Zone (Medical Alert)
<p>80% of your personal best peak flow number signals good control. No asthma symptoms are present.</p>	<p>50 to 80% of your personal best peak flow number. This signals caution. Your asthma may not be under good day to day control. Ask your doctor if you need to change or increase your daily medicines.</p>	<p>Below 50% of your personal best peak flow number. This signals a medical alert. You are having an asthma attack.</p>
<ul style="list-style-type: none"> • Your asthma is under control. • Keep following your treatment plan and taking your medications. • Keep all physician appointments. • Try to stay in your Green Zone. 	<ul style="list-style-type: none"> • Follow your action plan to get back in your green zone. • Take the medications your doctor recommended. • Keep all physician appointments 	<ul style="list-style-type: none"> • Immediately take the short-acting medication your doctor recommended. • If your peak flow number does not return to the yellow or green zone within 20-30 minutes, call your doctor or go the clinic or emergency room or call 911.
<p>Physician Name: Telephone:</p>		