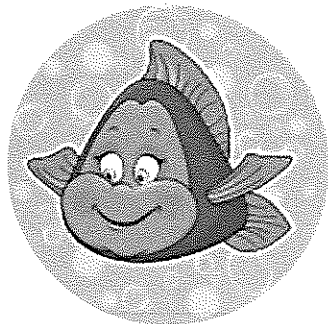


Let's Talk About Your Asthma Action Plan!

Green Zone: Healthy

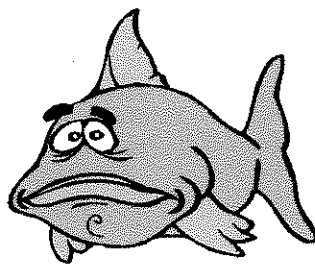
Yellow Zone: Warning

Red Zone: Danger!



When your lungs and airway are healthy, asthma does not get in your way. Keep using your daily controller and watch for symptoms.

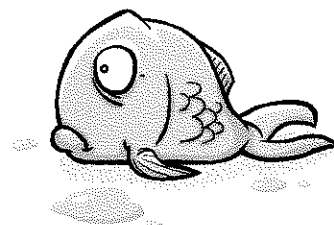
Goal: Stay in the green zone all or most of the time.



Asthma symptoms are **starting**, including:

- Coughing
- Wheezing
- Hard to breathe
- Chest tightness
- Faster breathing
- Tire easily with activity
- Waking at night due to asthma

Use your quick-relief inhaler. Ask an adult to help you follow your **Asthma Action Plan**



Asthma symptoms are **getting worse**.

- Quick-relief inhaler does not help
- Constant coughing or wheezing
- Difficulty breathing at rest
- Breathing very hard or fast

Follow your Asthma Action Plan and tell your parents or another adult right away. You need medical attention.

IS YOUR ASTHMA IN CONTROL? USE THE "RULE OF TWO"

- Do you need to use your quick-relief inhaler (albuterol) more than 2 times a week (other than for exercise)?
- Do you wake up at night with asthma symptoms more than 2 times a month?
- Do you need to refill your quick-relief inhaler (albuterol) prescription more than 2 times each year?

If you answer YES to any of these questions, your asthma may not be in control. Talk to your primary care provider about improving your Asthma Action Plan to better control your asthma symptoms.