

# 's Asthma Plan

## Green Zone: Under Control

\*Take daily controller medicines **every day**: \*no early warning signs

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Yellow Zone: Caution!

\*Take rescue medicines: \*cough  
\*wheezing  
\*chest tightness  
\*shortness of breath

- \_\_\_\_\_
- \_\_\_\_\_

\*Continue or increase daily medicines:

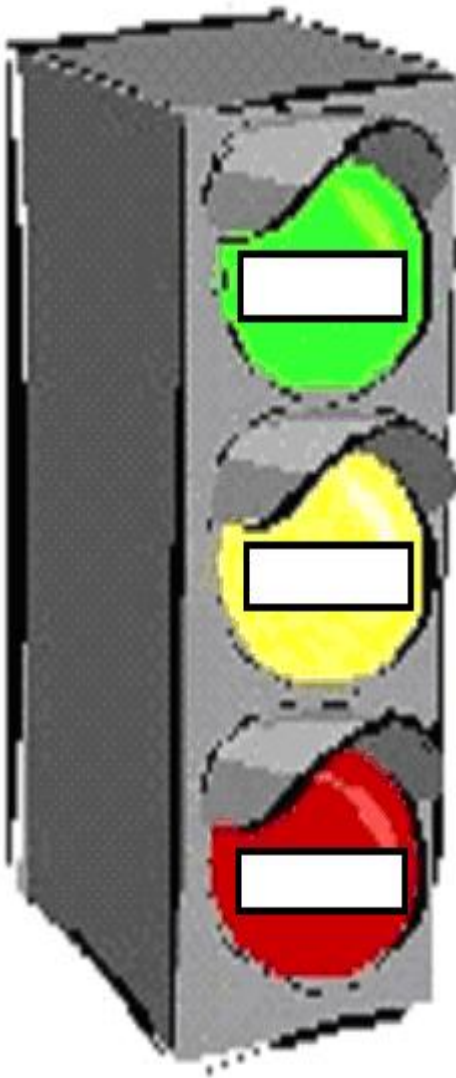
- \_\_\_\_\_
- \_\_\_\_\_
- Call Doctor if:
  - Child stays in yellow zone for more than \_\_\_\_\_ hours
  - Child's symptoms get worse
  - Child uses rescue medicines more than \_\_\_\_\_ times a day or needs it for \_\_\_\_\_ days in a row

## Red Zone: Medical Alert! Call 911

\*Take rescue medicines:

- \_\_\_\_\_ \*struggling to breathe
- \_\_\_\_\_ \*difficulty walking & talking
- \_\_\_\_\_ \*lips or fingernails turn blue
- \_\_\_\_\_

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If you have any questions or

Doctor's Phone # \_\_\_\_\_

MUSC Children's Hospital # 843-792-2123 and ask for the pediatric pulmonary resident on call

Emergency Phone # 9-1-1

