How to use the Asthma Action Plan:  
A Parent’s Step by Step Guide

When you get the Asthma Action Plan from your doctor, make sure you understand how to use it.

- Make sure you and your child’s doctor agree on what symptoms mean your child is in the green, yellow or red zones.
- Make sure you know which medicine and how much medicine should be given in each zone.
- Know the difference between quick relief and controller medications, so that you can give your child the right medication at the right time!

GREEN ZONE: Feeling Well

If my child is in the Green Zone, my child…
- Is breathing normal.
- Has very little or no coughing, wheezing, or tightness in the chest during school, exercise or play.

Then my child should…
- Take Quick Relief medication only as needed.
- If prescribed, take Controller everyday.

YELLOW ZONE: If Not Feeling Well

If my child is in the Yellow Zone, my child…
- Is coughing, has whistling in the chest, or wheezing.
- Might not be able to sleep, play or exercise.

Then my child should…
- Continue taking Controller medications.
- Take more quick relief medications.
- Stay away from his/her asthma triggers. Triggers that your child can normally be around in the GREEN ZONE can be a real problem in the YELLOW ZONE.
- Your child may or may not be able to go to school.
- Call your doctor if you’re not sure what to do.

RED ZONE: If Feeling Very Sick

If my child is in the Red Zone, my child’s…
- Asthma symptoms are getting worse and the quick relief medications don’t seem to help.
- Breathing heavy, fast and cannot talk well.
- This is the emergency zone!

Then I should…
- Watch my child closely until the right care has been given to my child and my child returns to the YELLOW and GREEN ZONES.
- When in doubt call your Doctor!
- If your child’s lips or fingernails are gray or blue GO TO THE DOCTOR OR EMERGENCY ROOM RIGHT AWAY!