

**My Asthma Medication**

MAINTENANCE	RELIEVER
<input type="checkbox"/> budesonide/formoterol (Symbicort or Breyna) ____/4.5 <input type="checkbox"/> mometasone/formoterol (Dulera) ____/5	<input type="checkbox"/> same as maintenance (SMART) <input type="checkbox"/> albuterol/budesonide (AirSupra) 90/80 mcg (AIR)

Green Zone: Doing Well	Every day I take:
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**My breathing is GOOD**

- No coughing
- No wheezing
- Asthma does not wake me from sleep

\_\_\_\_ puff(s) with chamber, \_\_\_\_ times a day


\_\_\_\_\_

\_\_\_\_\_

**If I get symptoms with exercise**

\_\_\_\_ puff(s) with chamber, 15 minutes before exercise  
 [1 puff with SMART, 2 puffs with AIR]

Yellow Zone: Symptoms Starting	Add reliever puffs:
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**I am having trouble breathing or I am starting to get sick**

- Coughing
- Wheezing
- Shortness of breath

**Take \_\_\_\_ puff(s) with chamber, as needed**


- If symptoms do not improve after 5-10 mins, take \_\_\_\_ more puff(s)  
 [1 puff with SMART, 2 puffs with AIR]
- May take up to **12** total puffs per day

\_\_\_\_\_

**If I need my maximum total puffs for more than 2 days in a week AND my symptoms are not improving**

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Go to Orange Zone

Orange Zone: In Trouble	Call my doctor:
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**I am still having trouble breathing and my reliever medicine is not working**

- Constant coughing
- Chest tightness
- Difficulty with daily activities
- Asthma wakes me from sleep

Name: \_\_\_\_\_  
 Phone: \_\_\_\_\_

Continue yellow zone steps while waiting for doctor instructions

If albuterol is available, may try 2-4 puffs with chamber or 1 nebulizer treatment, every 4 hours as needed

\_\_\_\_\_

**If my symptoms are quickly getting worse AND I cannot reach my doctor**

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Go to Red Zone

Red Zone: In Danger	Get help NOW:
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**My breathing is BAD**

- Breathing hard and fast
- Ribs show when breathing
- Neck or stomach caving in
- Hard to talk or walk

**Go to the closest ER or call 911**

- Take 2 reliever puffs with chamber as often as needed, until you get help
- Sit upright and try to stay calm
- I will see my doctor right away, even if my symptoms get better, and after any visit to the urgent care or ER