


**My Asthma Medication for Maintenance and Reliever**

- budesonide/formoterol (Symbicort or Breyna) \_\_\_\_\_/4.5 mcg
- mometasone/formoterol (Dulera) \_\_\_\_\_/5 mcg

**Green Zone: Doing Well**




**My breathing is GOOD**

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

**Every day I take:**

- \_\_\_ puff(s) with chamber, \_\_\_ times a day
- \_\_\_\_\_
- \_\_\_\_\_
- If I get symptoms with exercise:**  
Take \_\_\_ puff(s) with chamber, 15 minutes before exercise

**Yellow Zone: Symptoms Starting**



**I am having trouble breathing or I am starting to get sick**

- Coughing
- Wheezing
- Shortness of breath

**Add extra puffs:**


- Take 1 extra puff with chamber, as needed**  
If symptoms do not improve after 5-10 minutes, take another puff
  - May take up to **8** total puffs per day (ages 6-11 years old)
  - May take up to **12** total puffs per day (ages 12 and older)
- With the start of cold symptoms:**  
Take \_\_\_ puff(s) with chamber, \_\_\_ times a 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**



**I am still having trouble breathing and my extra puffs are not working**

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

**Call my doctor:**

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**



**My breathing is BAD**

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

**Get help NOW:**

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

- Take extra puffs with chamber, as often as needed, until I have 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