

My asthma triggers:

Use the space below to take notes or to list things that make your asthma worse. Make note of how you can eliminate, reduce, or avoid triggers.

Name:

Date of Birth:

Peak Flow Meter Personal Best:

Severity Classification:

- ☐ Intermittent
- ☐ Mild Persistent
- ☐ Moderate Persistent
- ☐ Severe Persistent

Emergency Contact:

For additional asthma resources:
health.mn.gov/asthma
health.asthma@state.mn.us
651-201-5909

mn DEPARTMENT
OF HEALTH



Name:



1. Doing Well

GREEN ZONE

SYMPTOMS:

- Breathing is good
- No coughing or wheezing
- Able to work and play
- Sleeping well at night

Peak Flow Meter: _____
(more than 80% of personal best)

CONTROL MEDICINE(S):

Medicine 1:

How much to take:

When and how often:

Medicine 2:

How much to take:

When and how often:

PHYSICAL ACTIVITY:

Use Albuterol/Levalbuterol _____ puffs,
15 minutes before activity:

- ☐ with all activity
- ☐ when you feel you need it

VACCINES:

Discuss which vaccines are needed for you
with your provider:

2. Caution

YELLOW ZONE

SYMPTOMS:

- Some problems breathing
- Cough, wheeze, or tight chest
- Problems working or playing
- Wake at night

Peak Flow Meter: _____ to _____
(between 50-79% of personal best)

QUICK RELIEF MEDICINE(S):

- ☐ Use Albuterol/Levalbuterol _____ puffs,
every 20 minutes (up to 4 hours) as needed.
- ☐ Continue "Green Zone" medicines
- ☐ Add: _____
- ☐ Change to: _____

**You should feel better within 20-60 minutes
of using the quick-relief treatment.**

**If you are getting worse or are in this
"Yellow Zone" for more than 24 hours,
THEN follow the instructions at the top
of the "Red Zone" and call a doctor right
away!**



3. Get Help Now!

RED ZONE

SYMPTOMS:

- Lots of problems breathing
- Cannot work or play
- Getting worse instead of better
- Medicine is not working

Peak Flow Meter: _____
(less than 50% of personal best)

QUICK RELIEF MEDICINE NOW!

Use Albuterol/Levalbuterol _____ puffs, at
a frequency of _____.

**IF "RED ZONE" SYMPTOMS
LAST **MORE THAN 15 MINUTES**,
OR YOU HAVE THE BELOW
SYMPTOMS:**

- Trouble walking/talking due to
shortness of breath
- Lips or fingernails are blue

CALL 911 IMMEDIATELY.